



# 善社通訊

December 2008



十一月宴蔡宗磐  
雷漢源, 王耀祥, 何鈞德, 胡炎章, 馮啓生, 余定一, 李樂基  
蔡宗磐, 劍, 威漢, 蔡德成



Hiking, 九月廿三, Cold Wind Ridge  
雷鈞德, 何鈞德, 高子敏, 馮啓生, 劍, 呂世喬  
威漢, 胡炎章



Hiking, 九月廿四, Ring Mountain Preserve  
胡炎章, 馮漢源, 林啓生, 劍, 高子敏, 李樂基



十一月宴蔡宗磐  
在威漢家

# 黃馨龍來信

各位同學：

你們好·非常高興於零八年在不同的地方看到不少同學·有照片為証·在此再一次感謝在羅省，聖地牙哥，三藩市，及上海各同學的熱情招待·希望不久再會·

謹祝各同學身體健康和萬事如意·

黃馨龍敬上，零八年十一月·

附註：再過幾天，胡劍豪，蔡宗磐，黃鎮棠，馮啟生及家人將會分別到溫哥華一遊·到時又可以一聚·希望胡劍豪會另有報導·



從左至右：李嘉泉, 朱念之, 麥志雄, 鄧殷能, 羅子華, 陳承正, 黃陳葆芹, 三月攝於羅省附近某茶樓

2008/03/01 12:04



後左至右: 黃太 Polly, 盧太 Matha, Sheldon Wong (梅瑜 Audrey) 唐太, 唐冬明, 黃馨龍, 盧冠逸



前排全坐右: 黃陳葆芹, 姚... 黃馨龍, 彭... 陳玉安... 攝於上海某飯店

2008/10/24 21:2



從左至右：盧民逸, 黃馨龍, 周哲錫。五月攝於溫哥華中山公園



從左至右：黃陳葆芹, 任蘭芳, 韋錦良, 唐冬明, 黃馨龍。三月攝於聖地牙哥某茶樓



## 2008 年

2007 年末，十二月廿一日考完大考，離新年只十天，在聖誕節百忙的時間，闔促地完成了通訊，剛鬆了一口氣，尙未吃完聖誕時的剩餘飯菜，又是年宵的大食會。

### 年宵會

自千禧年以來，年宵會替我們的生活帶來不少情趣，老當益壯，迎接新年，不再只是年青人的玩意，過去幾年，我們都在三藩市聚會，子夜時行去海旁看煙花，不外是趁人堆應節，雖不至看到一頭煙，但往返酒店行斜路行到一條氣，現今威漢的新居是聚會的最佳地點，所以年宵會今年第一次在南灣舉行。

梁成住在南灣（South Bend, Indiana），彎字加水便是南灣，根本是灣區一部份，水為財，花錢買機票，天涯是咫尺，梁成每年都飛來參加年宵會，今年當然不例外，卅一日飛來，我在機場接他直接到 Sunnyvale 的香港西貢海鮮酒家飲茶，在停車場，見到人龍已經排到酒家門外，幸而威漢等一早已經到場佔了一大檯，寶珠，雷鐵源，啓生亦已在場，羅子華在灣區探女，適逢其會亦出席，十多人在一房間內，十分高興。



談話中，發覺我們時常辭不達意，梁成言：他早一日在 hotel 附近的酒店過一晚，我們居然明白他的意思而沒有問題，太太言：去邊道拿乜野黎，先生能明白亦是奇蹟。

這午餐每人只費五元，餐後到威漢家，威漢邀請梁成在家小住，成在威門口曰：我 move in，威答：你是 check in，威漢家是聚會理想地方，眾同學欣賞威漢中國旅遊，和多倫多聚會的 slide show，威漢與呂世僑在研究太極，各人又品嚐幾種甜柑和零食，相談下又發覺雷鐵源對盆栽很有心得。



晚餐訂在醉香居，總共廿三人，寶珠預訂了冬瓜盅，八寶鴨，加上四枝不同酒廠的紅酒，保證飲飽食醉，有多無少，飯後，大多人都告退，只十多人到威漢家預備迎接新年，惠翠煮有雞粥，威漢有中國酒，預備煮酒論英雄，可是各人在飲食上，已超額完成，無人能強呈英雄，威漢講起一雜俗，每人食十二粒葡提子，最甜一粒代表最好的一月，馮啓生介紹我們玩壯元骰，可憐我們至多只能成爲舉人，子夜時，威漢彈出香檳瓶蓋，互祝新年快樂，在有理性的一時，各自回家尋夢。



年初一下午，分手不足廿小時，我們又在威漢家聚會。電視上影校際足球的 bowl game，但成一面倒形勢，連馮啓生亦對之不感興趣。眾人在高興上頭，無人記起 Domino，使威漢無用武之地。晚餐除了惠翠的美食，胡正帶來馮啓生垂涎的燒鴨粥，高子敏有羊腩牛筋，寶珠有燉元蹄，可惜眼闊肚窄，每樣淺嘗已經肚飽，只有望菜與嘆，有心無力。

年宵會的壓軸戲是在一月二日食法式西餐，今年是第三次，余光源首次參加，他知道伍國任正在灣區，於是約定一同在 San Mateo 的 Left Bank 餐館聚會。十三人差不多同時到達。餐館在新年假期，生意通常不大好，侍者似乎是臨時替工，招呼未能盡善，可是菜色很好，價錢合理。伍國任以前在香港電視台任職，已經退休十多年，今回到灣區探孫，首次在灣區與我們相會，我相信大家都認不出來。各人相談甚歡，直至餐館關門才結束這次年宵會。



### 羅省

過去兩年多，我平均一個月到羅省一次。楊謙珍兒女和孫兒亦在羅省，所以她亦常在南加。一月初，我們相約在羅省會晤，朱念之是我們的聯絡人，多謝她安排了午餐聚會。北海漁村是我們飲茶的最佳地方，有陳鴻業出頭訂檯，我們必受到貴賓式的招待，可惜陳翁今回事忙不能參加，我們十多人剛好一檯。楊謙珍第一次與羅省同學會面，多數都是“認不出，但有印象”。經“介紹”後，便是一見如故。麥志雄依是最大聲，聲浪與飲的啤酒成正比，保證沒有冷場。

羅省同學，近年來很為活躍，每年都參加羅省同學會的聚會。他們約定了參加農曆新年的聚餐，可惜時間不合，我與楊謙珍都不能參加。

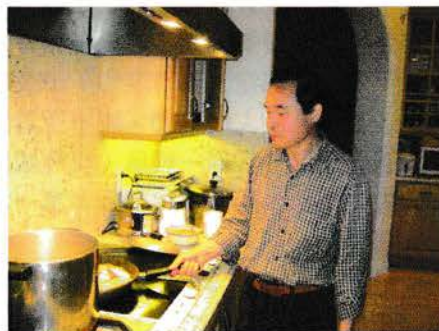
### 農曆新年

慶祝了新曆新年，當然亦要慶祝農曆新年。二月

廿四，農曆年初十八，元宵節後三天，威漢安排了慶祝活動，先在西貢海鮮酒家飲茶。十一時半，酒家人山人海，我們等位號碼五十多號，派位派到廿多，估計等到頸都長。樂基是醉香居貴賓，由他打電話關照，我們七人轉變陣地，駕車到醉香居，雖然酒家亦有人滿之患，但十多分鐘，我們已經坐落安然飲茶。

酒家隔鄰是大華九九超級市場，午餐後走到超市為當夜 potluck 買菜。威漢抱怨上次新曆年，菜色太多但無人帶走，我誤以為是“無人帶酒”，此“走”不同被“酒”，害得我心中發毛，見到威漢在超市買了兩支紅酒才放心。啓生是食魚大行家，今次親自出馬，與惠翠在超市選了兩尾解魚。

回到威漢家，惠翠已經有很多生果零食恭候。我提出一燈謎，“恭喜發財”猜國家名。寶珠可能慣於派利是，立即猜到是“比利時”。不久，何鈿德又到，帶來鴨腎，是最佳下酒之物，管它甚麼膽固醇，很受歡迎。啓生親自下廚煎魚，兩條魚煎了個多鐘頭，雖然費時，但非到凡響，香味四溢，引得眾人心動口動，趁熱而嘗。



傍晚時分，其他同學紛紛到達，胡正帶來雞粥，各人嘗過他上次的鴨粥，今回自然不會“走雞”。如威漢言，食物太多，每樣淺嘗已經肚飽，尚有飯後的甜品，以如此多的食物迎接新年，保證人人歡迎。

### 三月十日，黃馨龍訪灣區

黃馨龍在溫哥華，退休數年，幾乎每日我都收到他的電郵，相信各同學亦收過我轉寄出的郵件。他在三藩市參加婚禮，繞道羅省後到此。我們十多人，在香港樓接待，周哲賜亦有出席。馨龍去年參加威漢的中國遊，林鎮藩亦寄來與他合照的照片，但不需看圖識人，馨龍基本上沒有大轉變，除歲月留痕外，與在培正時差不多，所以同學如同溫哥華，一定可以認出他來。

## 黃祖同到訪

黃祖同是灣區常客，過去每一兩年必來一次。今年他到夏威夷參加婚禮，途次灣區，一早已接到電郵，威漢安排在四月廿六日在他家相聚。

下午高子敏第一個到達，四時許，祖同與啓生亦前來。祖同眉精眼企，居然一眼便記起呂世喬。祖同是言談高手，有他在場，保無冷場。講到香港金融市場及投資大亨，有聲有色，各人疑幻疑真。在零食及笑聲中，幾小時很快便過，六時許，同到醉香居，樂基已為我們訂了一房間，廿多人全准時到達。祖同是最賣座的一人，灣區同學幾全到齊，威漢表妹 Heidi 及夫婿陳國振亦適逢其會，加上雷鐵源夫，共廿多人。祖同昔日曾在香港與鐵源會面，所以全是“熟人”。

醉香居酒菜很有水準，而且飯後各式糖水任食。九時許，一部份同學再回到威漢家，本後只預算停留一短時，但在祖同滔滔不絕之下，要祖同太太 Josephine 不能再忍受 jet lag 情況下，才在十一時左右散會。

四月廿九日星期二，尚有餘興。何鈿德介紹在 Belmont 一間自助餐館，有美好壽司，每人只十三元。於是十多同學又再聚會。這餐館的確是價廉物美，除壽司外，有各種海產，熟食，根本沒有能力續一品嚐，日本酒五元一小瓶，美酒佳餚，飲飽食醉。

## 六月一日行山

五月四日，是本年度第一次行山活動，地點是 San Mateo 的 El Corte Madera Creek。可惜我在羅省，錯過了這一次。

六月一日，第二次行山，地點是 Mount Tamalpais 的 Dipsea Trail。同學九家，加上 Lillian 繪畫學生 Brian 一家，共十三人。分別 car pool 到 Muir Wood Park。Muir Wood 是世界聞名的紅木公園，入場收費五元，我們以前行山會到此地。炎章帶我們繞道在公園以外的山徑入口，不必付入場費，每人省了五元。

山徑早段比較傾斜，幸而天氣適中，不冷不熱，且有陽光，正是行山的最好日子。Brian 為各人帶來一盒西瓜，山中送生果，勝於雪中送炭，當然大受歡迎，紛紛要他們下次再來。在 Dipsea Trail 每年有一次賽跑，所以沿途有很多人在練跑，往往有人跑步爬我們頭，當然這些人都是年輕力壯，並無老弱殘兵。



行山約三小時，尾段穿過紅木公園，當時約中午，遊人如鯽，停車場爆滿。我們駕車到 Mountain Home Inn 午餐。這是第三次到此餐館。餐館是酒店一部份，酒店只有十房間，最平一間每日 \$195，最貴三百多。我們被安排在一露台上，剛好最貴房間門口，我們乘機參觀這一貴房，除了看到翠綠山景外，不外如是。等到一時半才上餐，雖然腹餓如鳴，對著美好山景，亦可以忍受。餐館質量俱佳，填飽肚後上路，各自回家。

## 八月三日，hiking Cold Mine Ridge

炎章太忙，七月沒有行山，改在八月。Cold Mine Ridge 在 Portola Valley，在 San Jose 和三藩市之間，車行約半小時便到。Heidi 夫婦，適逢其會，亦首次參加。何鈿德當日要上班，但亦“蛇”出來，第一個到達。停車場只是路邊的小空地，可幸我們都早到，都能有泊位。



山路起段比較斜，上山後卻相當平坦，而且天氣很好，雖有陽光，但在樹中，不覺炎熱，可說是行山中最容易的一次。Heidi 帶來香蕉，蘋果，威漢

等為減輕國振的負擔，“免為其難”地吃之。山路很多分叉，炎章分分鐘說行錯路，但我們根本不辨東西南北，任其擺佈，見路就行。約十一時半，便回到停車處，駕車到附近，Alpine Road 的 Mike's Cafe 午餐。



餐室在 Portola Valley 一小小 shopping center 內的 Mike's Cafe。炎章日前已先來考察形勢。商場雖然細小，但環境優美，餐室質量俱佳，用料上乘，很為滿意。各人不見有兩個月，當日談個不停，午餐後在餐館門口，繼續了整個鐘頭。炎章要食雪糕，但商場無雪糕舖，樂基出馬，為我們安排去醉香居。於是一半同學駕車南行，在醉香居休息，嘆波霸奶茶，甜品等。由四時許一直至傍晚，炎章因幼女在家，六時半告退。我，威漢，樂基，啓生，同在醉香居晚餐。飯後，我們六人，再到威漢家，聊天至十時多。

### 八月十五日，宴周常達，陳承正

周常達在西雅圖，陳承正在羅省，他們一同來三藩市參加婚禮，是“趙完鬆”的行程，只停留一週末。我們在星期五晚，在香港樓迎接他們。

我在近五時，往接常達機。我與他自畢業以來，未嘗一見，而我太太與他們更是陌生人。幸而常達去年參加威漢的中國遊，有相片為據，看圖識人，沒有接錯。在我家談了個多小時。常達已退休，在西雅圖過休閒生活，喜歡船遊，曾到 Dubai 等著名旅遊區。

六時去到香港樓，灣區同學差不多到齊，百忙的許行，亦罕有地出席，羅子華適逢其會，亦參加，共廿多人，坐滿兩圍。香港樓預訂的酒席，每人四十五元，除一味片皮鴨外，其餘全是海鮮，是一十分美好的晚宴。

飯後，胡炎章邀請我們到他家一聚。炎章與常達，去年同參加威漢的中國遊，於此重溫舊夢。炎



章有生果待客，但各人都太飽，無緣欣賞，流連到子夜告別。

### 八月廿四日，hiking Ring Mountain Preserve

為配合 Tiburon Art Festival, hiking 提早在八月舉行。Ring Mountain Preserve 在北灣 Corte Madera，入口在 Paradise Drive 的路邊。Paradise Drive 是一大路，可是左轉右轉，幾經辛苦，我才找到正路，深歎天堂離尋。山路入口，並無指標，四部車中，有兩架迷路，幸而迷途知返，無人失落。山路並不難行，炎章提醒我們要“回頭”，看風景是也。回望可見 San Rafael 大橋，海灣另一邊，是加州困重犯的 San Quentin Prison。炎章言，那裡背山面水，風景優美，供食供住，有圖書館，健身房，何以無人願意停留。樂基言，風水太差，監獄的一邊，是 San Rafael 鐵橋，有比鐵鍊纏身，所以只宜監獄，不必羨慕。



Ring Mountain 山高 602 尺，山頂有一大石名為 Turtle Rock。直是三分形像，七分想像，我們認為名為 Crocodile Rock 更為合適。不遠有另一 Petroglyph Rock，大石上有原始人的石刻圖案。如



無圖文對照，很難看出個所以。樂基看出一圖案，有似米奇老鼠，難道遠古已有狄士尼園。山路上，很多帶綠的石塊，樂基認出這些是玉石，可惜是加州玉，絕對不值錢。

今次行山路程是最短的一次。駕車到 Tiburon 的 Rooney's Cafe and Grill，還未到十一時，餐館尚未開門。Tiburon 是貴區，隔海灣與三藩市相對，市中只幾條街道，貴精不貴多。地美餐館自然靚。午餐後，應炎章太 Lillian 之約，參觀當地的 Art Festival。封閉了一條街道，道傍一列攤位，各畫家，藝術家分別展示他們的作品。我們不是騷人墨客，但亦不防見識見識，慢步行過整條街道，參觀了 Lillian 及其他人士的作品，各自取道回程。



### 九月十三，星期六，同學會秋遊

以前，同學會秋遊多在 Fremont 的中央公園舉行，最近幾年，改在 Millbrae 的香滿樓。今年重溫舊地，又回到 Central Park。會長李君聰，一早便到公園霸位。可是一山還有一山高，昔日常用的湖邊地盤，已被人佔用。同學會迫於佔用路邊的一空地。但焉知非福，該地點鄰近停車場，且在綠蔭之下，風涼水冷，錯有錯著。



余光源雖非理事，亦擺不脫工作，他負責秋遊的食物，在 Price Club 買來了炒粉炒麵，炒牛肉，雞，和最受歡迎的炸腐皮等。他聲言，腐皮只有五六十塊，每人只限一塊。當日到會同學約百人，一切食物，包括腐皮，都有多無少。

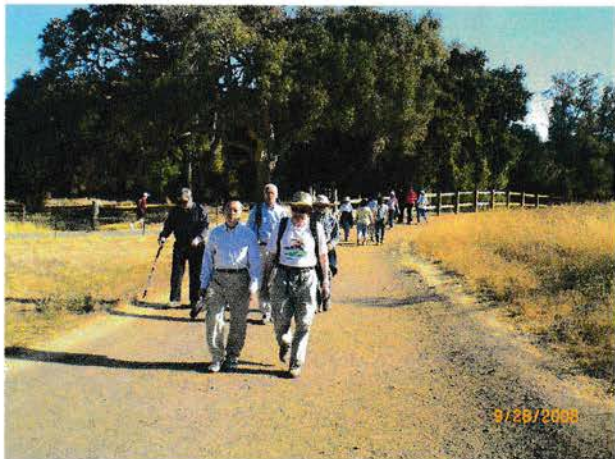
秋遊節目，是太極表演。一同學與三位女仕，表演現代最流行的太極廿四式，佩以音樂，工架平正，姿態美妙。接著，何汝顯表演傳統的楊家太極，他言，今次打太極，是一生最失敗的一次，意思是不能“推”也。他又言，太極佩以音樂，真正大開眼界，我亦有同感。最後，三女任表演太極劍收場。

我們只有我，威漢，和光源六人參加。威漢要練歌，十二時半匆匆而去。我們午餐後，繞湖慢步一週，在約四時，轉到光源家。何鈞德亦在放工後到，他們六人共到五月花酒家晚飯。當晚是唐歷八月十五，酒家有人滿之患，他們等到九時才起菜。

### 九月廿八日，最後一次 hiking Rancho San Antonio County Park

炎章廿八日半夜乘飛機回港個多月，他在“上機”前為我們安排了今年最後一次行山。公園在 Palo Alto，在 280 公路旁，可說是在市之中。公園幾個停車場，一早全部爆滿，幸而我們著剛開車的空位，不必多等，全能泊車在有廁所的一個停車場。

羅子華夫婦在灣區探孫，放下孫兒而來，加上威漢同事一家三口，十六人都准時都達。山路很為平坦，且多在樹蔭之下，所以路程很為愉快。在山頂，可以俯瞰 Silicon Valley。公園因在市區鄰近，所以行人眾多，很多人根本是跑山而不是行山。回



程時，經過一農莊，有馬等動物，雖然不嗅，但引來很多蒼蠅。

行山約三小時，中午過後，到醉香居飲茶。結帳後，高子敏拿出荷包，當眾數銀紙，四十一，四十二，各人正在奇怪，子敏笑著宣佈，尚有四十二元，可以夠錢與我們一同晚飯。

茶後，炎章告退，我們一同到威漢家。威漢備有樹上熟的無花果，桃等生果，香甜美味，可惜熱愛生果的馮啓生，因 football 而無緣欣賞。四時許，王耀祥，蔡德成亦到，加上飲茶的九人，剛好十二人一大檯。樂基為我們在醉香居訂了酒菜，有梅子鴨，脆皮牛腩，饅響螺等精美小菜，飯後甜品任擇任食，真正值回票價。結帳時，剛好每人四十二元，高子敏大樂，清了荷包，無需“洗碗”。

## 溫哥華與蔡宗磐

十一月初，我昔日大學宿舍一好友娶媳，我在六日，星期四，飛往溫哥華。預早照會黃馨龍。剛好蔡宗磐往西雅圖探訪女兒，他一家三口，亦北上一遊溫哥華，而黃鎮棠外父在十一月九日拜九十大壽，鎮棠從 Kuwait 而來。於是相約在十一月七日聚餐。

宗磐在西雅圖乘汽車渡輪先往溫哥華島，遊覽著名的 Butchard Garden。在七日星期五，與我一同駕車到 Whistler。Whistler 是世界知名的滑雪勝地，離溫哥華根本不遠，可是車程要穿過整個溫哥華市區，而連接的公路灣且窄，所以車程需要兩個半小時。下一屆冬季奧運會將在 Whistler 舉行，加拿大政府，正在大興土木，擴闊公路，沿途都見到建築公程。一段公路，沿海而行，當日雖有細雨，山光水色，在迷濛雨中，依然十分美麗。去到

Whistler，剛好正午，人生路不熟，隨便找一間似樣的餐室進午餐。誤打誤撞，該餐館很好，有自釀啤酒，勝過一般酒廠幾倍。

滑雪是有錢人的玩意。但 Whistler 似乎不太“高貴”。中心一條大街，兩旁都是美好商店。大街一端盡頭便是滑雪場。如住在該處的酒店，出了酒店門，行過馬路，便是 ski lift，十分方便，難怪 Whistler 吸引不少滑雪者。



到此一遊便回程。途中雨勢轉大，在雨中錯過了轉入溫哥華公路出口，無辜地走多了十多里路。幸而因要找廁所，在 Surrey 出了公路找到一間 Sheraton 酒店。酒店有詳細地圖，指點我們如何回溫哥華。多謝宗磐女兒，依圖指揮，轉左轉右，引導我們安然回到 Richmond。去到華榮酒家剛好七時，正合黃馨龍之約。

當晚聚餐共十一人，我，宗磐，馨龍，鎮棠，和盧民逸。可惜梅瑜出門，不能出席。民逸在溫哥華多年，數年前退休。昔日他是周哲賜的伴郎。因哲賜的引導，他回復與善社聯絡。今晚是他第一次與我們會晤。真是小小離開老大回，相隔幾乎半世紀，若在街頭偶遇，可能相見不相識，但細看之下，輪廓依舊。席間很是歡暢。見宗磐與馨龍在檯下秘密交易，心雖奇怪而不便詢問。稍後侍者推出生日蛋糕，原來當日是宗磐太 Frances 生日，宗磐與馨龍安排慶祝。能夠在旅遊中記得太太生日，不知有多少同學能做到。

飯後，我到馨龍家。馨龍以前住在溫哥華島上的 Nanaimo，退休後搬到 Richmond。他經過加拿大糖尿病學會 (Canadian Diabetic Association) 的訓練，在學會做義工，為病人解答有關糖尿病的問題。他住的 condominium complex，只容五十五歲以上的住客，他在大廈教太極。所以他是退而不休，生活更有意義。





宗磐離溫哥華後，經羅省而到灣區，將會駕車到 San Diego。十六日，我們在灣區聚會歡迎。下午四時，同學們先到威漢家。當然少不免有出有入的口部運動，出者談話，入者生果食物。炎章從絲綢之路回來，太太 Lillian 用新疆帶回來的菩提做 cupcake，此糕只應絲路有，果然不同凡響，十分美味。

六時許，到我們在南灣的飯堂，醉香居，鈿德，雷鐵源已經先到。灣區同學幾全到齊，連平素少露面的余定一亦出席，兩圍廿人。男仕一圍，女仕一圍，並非男女授受不親，亦非談話不能見人，只是比較“好傾”而已。寶珠為我們預訂冬瓜盅，水魚，醉香居菜色從來未令我們失望。聚會在十時多，以紅豆沙作結。



今年最後一次聚會是在十一月廿二日，三藩市同學會每年一度的同學日，地點亦是唐人街的康年酒家。楊謙珍，雷鐵源亦出席，我們共十六人。於此結束今年的報導，年卅晚，將有年宵會，留為明年的序幕。

## 行山樂

單寶珠

大約三年前，灣區同學開始了一個新的活動——行山。每年五月到十月，每月第一個星期日，早上九時開始，到中午十二時為止，一共三小時。選擇的地方都是風景幽美，置身其中，令人心曠神怡。雖然是汗流浹背，或是寒風刺骨，同學們都是踴躍參加，興致之濃，恆心之堅，經數年之考驗，更是有加無減。

行山名為三小時，但是隨後還有餘興節目。我們會到附近餐館享受一頓美味的午餐。運動之後，需要補充能量，同學們都食慾大振，吃起來特別滋味。行山是足部運動，午餐則是嘴部運動，一別吃，一別談，餐後總是不想離開餐室。即使離開餐室，有時還在停車場閒談一段時間，才各自回家。如果同學們下午有空的話，有時更會到附近同學家中，繼續歡敘，直落晚飯，一直到晚上十時多才盡興而歸。

灣區同學很幸運，能有這個活動。我們衷心地感謝胡炎章同學策劃一切。炎章同學喜愛行山，累積豐富的經驗，每次的行程都是經他細心選擇，由淺入深，由易到難，按步就班，鍛鍊同學的體力。我們從來沒有感到吃力難持，需要半途而廢。炎章每次更對路線瞭如指掌，每人派發一張地圖，將路線加上特別標誌。事前更先作解釋，沿路有什麼特別景點，預早提醒同學，以免屆時錯過。他在行山途中，更前後兼顧，不讓同學落後。行至路線交叉的地點，他必定暫停前進，等到所有同學都到達，才繼續前進，避免同學行錯路線。我們這些初哥，真的無憂無慮，憑著對炎章的信心，他行到那裡，我們就跟到那裡，百信無疑。

炎章辦事相當負責，有很多目的地，他自己行過，對環境很了解。但是如果他不熟悉那些山路，他多數抽空自己先行一次。有一次，我們到 Yosemite National Park，他更提早一天到達。雖然他以前已經行過這些山徑，但那是多年前的事，所以他事前先再視察一下，以免臨時有差錯。行山活動已有三年歷史，每次目的地沒有重覆。這樣的安排，也相當費腦筋。他這種義不容辭，為同學服務的精神，真令同學們感謝不盡。

從前沒有這個活動，灣區同學見面多數在同學會的年會，春節聯歡，秋季郊遊，善社同學新曆年和農曆新年的聚餐，五次而已。偶然有外地同學到訪，才由劍豪或威漢通知各同學相敘晚飯，我們並沒有定期的敘會。現在因為有這個活動，我們有半年的時間，每月見一次面。同學相見，邊行邊談，絮絮不休。話題更是無所不包，對增進友誼，聯絡感情，更是不在話下。行山既可強身健體，又可大飽口腹，更可增進友誼，一舉三得。我們希望炎章不厭麻煩，繼續維持行山運動，造福善社同學。

### 展望金禧，旅遊計劃

2011 年是我們離校五十年金禧紀念，這是一個大日子，雖然距今尚有兩年半，但時間彈指即過，我們最低限度，應開始作一些準備。

綜合很多同學的意見，現有如下的計劃：

- 1) 香港加冕和重聚。加冕應在十一月，多數同學都預算回港。有賴香港同學，安排聚餐，晚會等節目。
- 2) 重聚旅遊。計劃在加冕前或後，作五或七日的集體旅遊，以香港為出發點，目的地應是中國。希望香港同學能作安排。
- 3) 特刊。最大的問題是稿件。希望各同學開始執筆和募集，有回憶性的照片，文章，回想，感慨，展望，等等，一律歡迎。鼓勵各同學每人為自己寫一小傳，講述離校後的經歷。希望特刊能在 2011 年出版。
- 4) 捐款。傳統上，加冕班要捐款給母校，請各同學開始儲蓄。

希望各同學為加冕合作和努力，使我們能有一個成功而愉快的金禧。

### 2010 年船遊

過去幾年，我們五年一次船遊，下次應在 2011 年。但為避免在金禧年作兩次旅遊，所以提早一年，在 2010 年舉行，這可作為是金禧的熱身準備。

船遊應在九月末或十月初，以避開旺季，十至十二日，可能地點：

1. North Europe
2. West Europe and Canary Islands - Spain, Portugal
3. Southeast Asia - Vietnam, Thailand

一切有待船公司的航程而定。請各人預備時間。歡迎同學提供意見。

### Grand Circle Deluxe 10 Days Tour From June 11 to 20, 2009

余光源為三藩市培正同學會安排了這一私家旅遊。他為同學會安排旅遊數次，每次都十分成功。我們在聚會中，曾表達對 Grand Circle 有興趣，於是他特此安排了這一旅遊。去蕪存菁，只選擇優美的地點。

名義上這是同學會的活動，但我們可以將之當為我們自己的旅遊。希望各同學踴躍參加。詳情如下：

#### 6/11 Bay Area—Laughlin (Thursday)

Bus pick up at designated stops and leave for Laughlin Nevada, spend the night in Edgewater Hotel Casino by the Colorado River.

#### 6/12 Laughlin—Sedona—Flagstaff

Stop by the Route 66, America's memorabilia of the Mother Road, the first highway. Visit Sedona and see Church of the Holy Cross, Bell Rock, Airport Mesa, Amitabha Stupa of Sedona, downtown Sedona and more. You'll have a chance to join an optional meditation and spirit renewal session with professional docents leading the hike. See beautiful sunset in Sedona. Spend the evening in Flagstaff near Sedona.

**6/13 Flagstaff—Petrified Forest—Mesa Verde—Cortez**

Visit the Petrified Forest National Park, with fascinating natural petrified wood in its natural form and setting left over from millions of years ago. See the amazing Peco Pueblo and Blue Mesa, and finally the painted desert. Head to World Heritage site Mesa Verde and enjoy the cliff dwellings of the prehistoric people Anasazi. Spend the night near the park at Cortez.

**6/14 Cortez—Monument Valley—Arches National Park—Moab**

Be a part of the Navajo Indian culture and enjoy the breathtaking scenery at Monument Valley. Made famous by numerous Western films, the monument is spiritually inspiring. Take an optional jeep tour and enjoy an Indian barbecue right in the valley. Head to Arches for an afternoon walk and enjoy the wonder of Windows Arch. Stay in Moab for 2 nights.

**6/15 Arches—Canyonlands—Moab**

Visit the icon of Utah the Delicate Arch. See the Devil's garden, where the world's longest arch is located. Head to Canyonlands in the afternoon and enjoy the breathtaking views and the sense of wilderness on Island in the Sky. Return to Moab for the evening.

**6/16 Moab—Capitol Reef**

Leave Moab for the unique landscape of Capitol Reef, after visiting various interesting spots, spend the night near the park and enjoy a slow day in the wild.

**6/17 Capitol Reef—Bryce Canyon—Page**

Traveling through the beautiful Grand Staircases of Escalante, taking in the amazing scenery, then arrive at the unbelievable Bryce Canyon, where you can enjoy a slow hike inside the beautiful canyon.

**6/18 Lake Powell—Antelope Canyon—Las Vegas**

Take the optional boat tour at Lake Powell, another excellent way to take in the wonder of the Southwest. Arrive the mesmerizing Antelope Canyon, take the optional jeep tour and be amazed by the colors and waves of water carves stone. Head to Las Vegas for an exciting evening to come.

**6/19 Las Vegas**

Stay in Las Vegas for free time, or take the optional tour to the nearby Grand Canyon West Rim(\$60) with Skywalk (\$32). You may also take the optional Helicopter ride to the Colorado River down at the bottom for an optional fee of \$179. Return to Las Vegas in the early evening.

**6/20 Las Vegas—Bay Area**

Return to the Bay Area from Las Vegas, arriving home at around 7pm to 8pm with everlasting memories.

**Price:**

For 45 or more persons

Double: \$888 Triple: \$848 Quad: \$818

Single: add \$320 to \$888

For 30 or more persons

Double: \$988 Triple: \$948 Quad: \$918

Single: add \$320 to \$988

**Includes:**

New Bus

Very nice hotels, hotel based on Best Western or better.

All national park tickets, most breakfast.

**Not including:**

Most Meals and optional activities: Antelope Canyon Jeep \$30, Monument Valley Jeep 30, Lake Powell boat \$35, Grand Canyon West with lunch \$60, Skywalk \$32, Helicopter \$179

Bus Driver and Tour Guide Tips: \$6 per day per passenger, equals \$60 total

Tour Guide: Tentatively: Harry Chen,  
second choice James Li

旅遊公司：喜悅假期

## 香港培正中學 1958 年夏， 初中三愛班同學於初中畢業， 臨別贈言。

各位同學

五十年前初三畢業，大家都拿本紀念？給各老師及同學賜言留念，以下是各位所賜給小弟的金玉良言，惜未能遵行萬一，有負厚望。現謹抄錄下來，借此與各位懷念舊日同窗之誼。可惜當中一些同學，已久無音信，希望有他們下落者，能轉寄給他們並代問候平安為盼。

“秉善行事，前程炳麟”。

“人是人非都莫問，花開花落總關心”

李毓麒 6/16/1958.

“秉彝君子，人中鳳麟”

梁逢江老師 戊戌炎節

“贈人以言，重如珠玉；傷人以言，甚於斂戟”

汪大忠 一九五八 夏

“工作第一，健康第一”

翁碧蓮

“欲窮千里目，更上一層樓”

梁寶嫻 老師

“英雄常食苦難與試練之麵包”

方富友 12/6/1958

“靜坐常思己過，閒談莫說人非”

蔡宗磐

“可以共快樂不可以共患難，可以共患難，不可以共快樂者，均宜防之”

李美煥老師 1958 年夏

“使人得益的主要不是書本，而是生活本身。要學習觀察，學習了解人。”

謝仕駒 1958.6.

“人生就奮鬥”

陳瑞蘭 民國四十七夏

“為人恭北敬仁愛，儉於己而周於人，如是人人皆與我為友”

陳碧瑤 1958

“我們要永遠學習太陽的勤懇，公正，快樂和健全。”

翁世明

“米粉越磨越細，語言越用越精”

葉蘭香 6/11/1958

“業精於勤，荒於嬉；行成於思，毀於隨。”

黃德芳 民國四十七年六月十二日

“先天下之憂而憂，後天下之樂而樂”

朱崇禧 12/6/58

“有困難，有辦法，有希望”

陳鴻業 五八，六，十。

“節儉與勤勉 就是我們的兩大名醫”

鄧殷能 一九五八年六月十二日

“仇者以義解之，怨者以直報之”

何惠翠 民國四十七年夏

“能克服困難，控制自己者為英雄”

邵耀雄

“學問就是道德，智識就是力量”

湯玉安 1958,6,12.

“檢討過去，把握現在，努力將來”

張慧濟 1958,6,10

“讀萬卷書，行萬里路”

林港生 一九五八，六，十二

“為天地立心，為生民立命，為往古繼絕學，為萬世開太平。”

林天蔚 老師 一九五八，六，十二。

“出言如箭，一入人耳，有力難拔”

蕭杰生 10/6/1958

“己欲立而立人，己欲達而達人”

楊榮宗 一九五八，六，十一。

“百尺竿頭，更進一步”

邱錫棠 11,6,58.

“經驗為人生中最好的朋友，而它是從失敗中得來的”

梁燊成 一九五八，六。

“玉不琢，不成器，人不學，不知理”

謝細胞 1958,6,10.

“努力學習以為濟世之用”

謝錫恆 一九五八，六，十一。

“學問有如金字塔，要能廣博要能高”

彭一山 10/6/1958

“人生中的荆棘是我們的老師”

錢北慶 11,6,58

“環境是弱者的主宰，卻是智者的工具。”

何國建 五八年夏

“一個人應站起來，但不應由別人扶持著起來”

蕭舜儀 1958,6.

“最大之克服，莫若克己”

胡安琪 一九五八年

“永為真理之干城”

林必達 1958年6月13日

如沒有記錯，初三愛班同學好像還有：  
殷建明，董建成，黃今是，管家(木丹)，梁偉健，  
方欣慄，麥信娟…等。許行卻是提早離開培正的。

以上如有錯漏，祈請更正。如各位有往年舊相，或近  
日照片，文章…等，亦希能隨電郵發出，或投稿“善  
社通訊”以供大家分享。謝謝。

陳秉麟 謹上

2008-07-24

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雷鐵源，唐冬明，汪大忠

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## 在母校演講原文

李威漢

(多年前，在母校集會中演講，曾在培正通訊中登  
刊，我想只有陳秉麟一人見過這篇文章)

校長，各位主任，各位老師，各位同學，

今日我很高興有這機會回到母校來和各位講幾句  
說話。剛才聽到各同學唱的校歌，我想各同學回家  
唱KARAOKE 一定會比剛才好，可惜我只有十五分  
鐘來說幾句話，不然我會要求你們ENCORE 一次。

何國建老師請我和你們談談我的研究工作，我覺  
得培正有很多校友從事科學研究，而且我從事研究  
的科技等到你們從大學出來可能已落伍，所以我選  
擇了我三個感想來和你們談談。

第一個感想是有關我在培正受到的教育。我本來  
是越南華僑。一九五八年來香港，幸得有親戚告訴  
我培正招生，我才去報名，在這三十六年後，我仍  
記得我報名號碼是36。而那年培正取收了六位入  
高中一的同學（我，胡劍豪，何孔賢，林德偉，高  
大昕，董依華），雖然培正以教學為主，尤其以數  
理科出名，但我本人覺得受益最大的，是培正的級  
社制度。我自高一從文組的望班轉入理組的光班  
後，因光班同學很熱心班會的活動，很短時間我參  
與壁報的工作。跟著做了班長，後來又做了社長，  
又做了社刊編輯。我相信各同學都知道這些都是吃  
力不討好的工作，我還記得去追同學交三元聚餐  
費，會費，社刊文稿，照片。我現在也不明瞭，全  
級最細粒的是我，而我卻負上了這些責任。等到我  
去MIT時，我以為這種工作會終止，但結果又參與  
同學會工作。後來以為出來工作後，應該不會有這  
種情況吧，但因女兒去家長辦的中文學校讀中文，  
結果又任了三年校長，三年老師。在培正我在不知  
不覺裡感染了這種服務的精神。在我的人生路途  
上，我獲得很多的朋友，同時有一個積極的人生觀。  
在世界裡有兩種人，一是肯做事的，另一種卻是在  
等待他人為他做事的。在培正，我念的古文，早  
已忘記了。但在培正我得到這人生觀，到今日仍然  
在我腦海裡。我希望你們聽了這些話，以後對級社  
的活動多點投入。

第二個感想仍與積極人生有關，我記得在同學通訊看到，有同學說，『如果某某老教學好些，我便會入醫科』，或『如果我父母不是這麼，我又會怎樣』，或『如果我上司給我機會，我又會怎樣』。我覺得一個人一生的際遇都是操縱於我們自己手裡。我記得在培正時，黃逸樵老師在考數學時多有一課外題，爲了那課外題，我不時去書局找有關的書籍來參考。我覺得不管在中學也好，在大學也好，我們要學習的是做事的方法，而不是書本裡的常識。我在MIT六零年代學的TRANSISTOR，現已不單獨存在。而一個MICROPROCESSOR裡用有無數的TRANSISTOR。科技可以千變萬化，但從事研究，有系統，有邏輯的思考，願作新嘗試的精神，這是你們應在一良好的學校培養出來。這是你們的責任，不是父母的責任，老師的責任，或學校的責任。

第三個感想是我的宗教觀念，培正是浸信會創辦，但很多培正校友不會因而有基督教的信仰。記得有傳說何宗頤校長曾說：『培正同學，不管信與不信，都要在集會裡受基督教的薰陶』。我在培正時沒有加入教會，反而是在拿博士學位出來後才加入美國第一浸信會。在第一浸信會我了解到基督教的中心思想不是上天堂或下地獄，而是有一位會寬恕人的主宰，我們的天父有GRACE。我們犯了錯，只要的們承認，我們可得到寬恕。一個人的宗教觀念很重要，我舉一個例給你們聽，在你們小時，即使你們現在這年紀。如果你們有任何困難，我希望你們可以和父母談，請他們幫助。他們有能力去解決你們的問題。你們犯了錯，他們會和你說，下次不要再錯了。你已獲得寬恕。我大女兒讀四年級時，有一個星期六，她和朋友在草地旁玩籃球，她借了我手錶去看一分鐘內她可以投入多少球，她用完後隨手放在草地上便忘記了。我每週末都剪草，那天剪草，隨草飛出了我手錶的碎片。我女兒看見了，心裡難過，便哭起來。我和她說：『這雖是一好錶，但只是一隻錶，我可以再多買一隻』。我叫她不要爲這難過，我不會將她過失記在心內。我說這故事的原因，當我們年輕時，父母可以在你做錯時原諒你，安慰你。一個人出來社會後，當父母已不在，心靈上有困難時，有誰爲你說，這是OK。我們可以從新開始呢？社會裡很多人，太相信自己個人的能力，一有困難，便陷在深淵裡，走不出來。有一宗教的人生觀，我們可以了

解到，上天給與每一個人的能力都不一樣，一個積極的人生觀是，每人都應盡力在社會上生活和作貢獻。作爲父母或老師，有時我們會給你們壓力說：『某同學勤力，時常拿高分，爲甚麼你分數低呢？』。對我來說，天生每一人的能力不一，如果你用盡你的能力，仍得一個C，IT IS OK。但如果你未盡力去做，則要努力以赴，不要浪費上天給與你的能力。

每一個人都有一條不同的人生道路，即使我很詳細告訴你走出甚麼的路，對你們亦無好處。唯一我可以告訴的，我沒有浪費上天給我的能力去爲社會作貢獻。我希望你們有一天，像我一樣回到母校，再和同學說一番鼓勵的話。

## 孩子們的故事

李威漢

有一次和朋友閒談，提及子女們的孩子，友人說攜帶了下一代已辛苦夠了，不願再負起攜帶子女的孩子責任。在我們同學中，不少人都樂意負上攜帶孫兒的責任。回想過來，我和惠翠負擔了攜帶了三代孩子的責任，先是惠翠的妹，自己的女兒，現在的孫兒。雖是花了不少的心機，但是也是樂趣無窮。

我們攜帶第一個小孩子是惠翠的妹惠冰，一九六六年我去三藩市探惠翠認識了她五歲的妹妹。自那時開始至而今，我便成爲了她的哥哥。婚前婚後的兩個暑期，我在IBM研究所工作，週末很多時都是帶著她去金門公園去玩。我從MIT畢業後去Ann Arbor工作，大女兒凱倫出生，惠翠婆婆來幫忙。我建議惠冰同來，以便我們可以幫助她讀書。不覺惠冰成爲了我們的另一女兒。那是她剛念小學三年級，每星期五要考十個生字，晚飯後教她串兩個生字。後來學分數，又把餅分開來解釋甚麼是二分之一及四分之一等等。即使後來回到灣區工作，她仍然在我們家裡長大，直至中學畢業。這麼多年，教堂的朋友還誤會惠冰是我們的大女兒。等到惠冰的大女兒Rebecca出生後第一個聖誕節，惠冰一家來我們家參加聖誕餐，不知怎樣，輪到我抱著Rebecca在聖誕樹前玩耍，被Brian（惠冰丈夫）錄影了。翌年聖誕節，惠冰一家來同渡節日，Brian

將去年的錄影帶播出，當兩歲的 Rebecca 看到在電視裡我抱著一小孩，她放聲大哭，以為我在和另一小孩玩，那知電視裡的孩子正是她自己，自那時開始，每次惠冰來探訪，都是我陪伴她玩，每次回家時，或我離開時，她還是哭著不捨得離去，小孩子不會說大姨丈，我成為了她的『大大』，她三歲生日的派對在他爺爺渡假屋舉行，切生日蛋糕時，她還要我坐在她身旁，在她上學前的日子裡，玩的都是幻想的遊戲，用掃把來當木馬騎，在屋外散步，則是尋寶藏，幻想樹叢後有怪獸，樹上落在地上的種子便是珍寶，有一天我們帶她去 Cupertino 的 Memorial Park 玩，在沙池旁有一小型的木房子，其中有監獄，我扮賊，她扮兵去捉我坐監，玩了不久，引來一‘大群小孩，男孩子要扮賊，女孩子扮兵，在公園裡走，喧嘩大叫，玩到黃昏也不願離開，她一個快樂的童年便這樣和我渡過，曾參加我大女兒凱倫的婚宴的善社同學，可能記得我和一女孩在舞池打轉，那女孩便是 Rebecca，她今年上高中了。



Rebecca, Bernice and Samantha

大女兒凱倫在密支根州 Ann Arbor 市出生，在腦裡最深的印象是我坐在落地窗旁，她睡在我腿上，見到街上有一父親拉著他的孩子，我心想甚麼時候我們可以拉住她的手在街散步，我們在 Ann Arbor 居住時，認識了一家中國土生的朋友，他們有四個孩子，最小的女兒比凱倫大兩歲，所以凱倫兩歲多時已跟隨去上學了，惠翠的妹惠冰像大家姐一樣，陪著凱倫和詩倫，所以她們小時，我反而很小和她們玩幼稚的遊戲，比較參與的是凱倫小學時參加的女子棒球隊，每天下班後去觀看她們的比賽，凱倫的性格和我很相似，參加後便努力以赴，結果第二

年被選入 minor League 的 All Star Team，因為個子小，在初中時便沒有繼續加入 Major League 的球隊，高中時她又加入游泳團，詩倫也跟著加入棒球隊，但她沒有和姐姐一樣投入，詩倫二年班時惠翠開始工作，早上照顧惠冰，凱倫，詩倫的早餐，午餐的任務落在我身上，詩倫學校的午餐天氣好時是在戶外吃，同一班的同學坐在同一桌，一天我去學校陪詩倫吃午餐，坐在她三年級的一桌，一小朋友問我為何坐在那裡，我答說我也是三年級學生，引起全桌的同學大笑起來。

二零零四年，詩倫大女兒津怡出生，我升級了做公公也不知有何職責，孫女六個月大後，詩倫回復上班，惠翠一早便去詩倫家照料津怡，下午下班後，我去抱她去外面走，或推她去外面散步，到她一歲半時開始懂事，公公便成了她最喜愛的伴侶，黃昏時在戶外散步，捉迷藏，去找鄰居的 cat 玩，二歲半弟弟宗佑出生後她便去上學 day care，這樣惠翠在家只用照料一個小孩，搬入新屋以後，花園的橡樹落下很在橡樹的種子(acorn)，在後花園拾橡子，或找寶物便是她喜愛的遊戲，一晚，詩倫打電話來問，說津怡留下了一些寶物(treasure)在我們家裡，到底是甚麼？津怡的寶物只是在花園滑梯下的橡膠片。

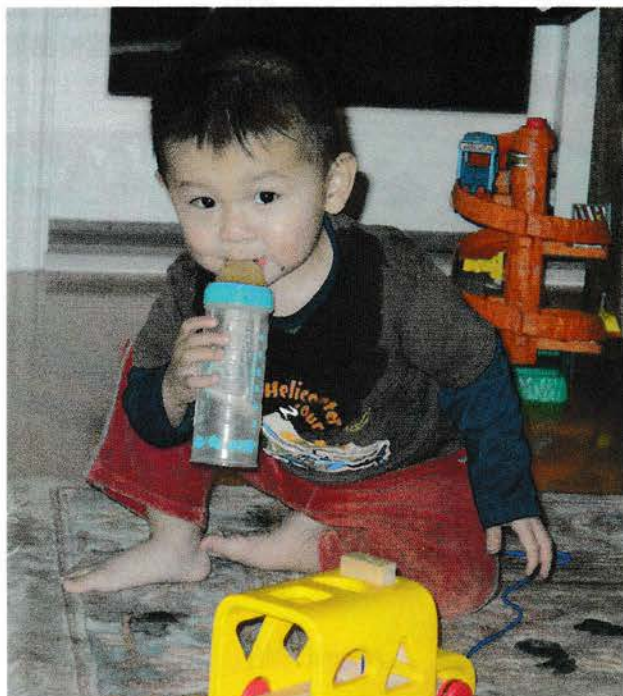


Alayna 津怡

豬年新年，台灣公司用紅色的豬儲錢箱作飾物，我帶了兩隻回來給好她，一邊用錢幣教她數，一邊教她把錢放入豬裡，到今天，餵錢入豬仔仍然是她喜愛的玩意，這兩隻豬仔是放在我們睡房，有時她在

家裡找到錢幣，便會跑來我們這邊去餵豬仔。隨著年齡增長，她又喜歡畫畫，她稱這是 coloring。這也包含寫字在內。一天下午，我陪她在家裡玩，飯桌上有些紙製的碗。她拿了來說要做烏龜。初時我也不知她怎樣去做。她把紙碗倒反，將紙剪作腳，頭和尾，用膠紙貼在倒反的紙碗邊，再用顏色筆塗上烏龜的綠色，一個下午便這樣和她渡過了。她也喜歡在我們床上玩。一晚，她看到牆上有一蜘蛛，立即跑去叫爸爸來打。那知被蜘蛛跑了。她要我和她躲在被裡，不讓蜘蛛來咬。躲了一會，又大叫說蜘蛛在被裡。吵吵鬧鬧玩到爸爸來要她回家。每晚飯後，有時她來我們家，便是要我陪她玩這些遊戲。最近我又讓她用麻雀牌來玩。她會將同樣的牌排成一列，有機會便教她認牌裡的字。她稱這個遊戲 Chinese game。她現在已經知道這 game 叫麻雀。

男孫宗佑現在已兩歲多了，在一歲至兩歲這段時間裡，中午我回家陪他去戶外玩，然後推他至午睡。男孩和女孩不一樣，喜歡有輪的玩具。和他相處的時間多，我也成了他玩耍的伴侶。在孩子心裡婆婆是照顧他們的，公公是和他們的玩伴。



Aaron 宗佑

在這歡樂的時光裡，惠冰，凱倫和詩倫都長大了。惠冰大女上高中了。詩倫的大女明年也上幼稚園。

## 糖尿病知多少？

黃馨龍

今年十一月初，非常高興在溫哥華見到好幾位從外地來的同學。閒談中，我多口提及在加拿大糖尿病協會做義工一事。熱心社務的胡劍豪馬上打蛇隨棍上，要我投稿。一來是盛情難卻，二來是想告訴大家一些關於糖尿病的資訊，故才敢大膽在此獻醜，有錯誤之處，請多多包涵。

Through yearly check-up, I was diagnosed with Type 2 Diabetes in 1987. Over the years, I was able to control it, albeit marginally (“衛食”之過?), by taking medicine, watching my diet and doing exercise. After I retired and moved to Richmond in 2005, I decided to volunteer at the Canadian Diabetes Association (CDA) in Vancouver. By getting involved with the CDA, I would be able to learn more about the disease, to help others and myself.

Established over 50 years ago, the CDA is a charitable organization that has grown to include a presence in more than 150 communities across the country. The CDA promotes the health of Canadians through diabetes research, education, service and advocacy. One of the many services that the CDA provides is the Chinese Information Line. In 2000, the CDA created a dedicated national help line with Cantonese and Mandarin-speaking telephone volunteers. This is the only toll-free (1-888-666-8586), one-on-one Chinese-language diabetes information line available in North America. After some training, I started manning the phone once a week for 3 hours. (If you call the above number on Wednesdays between 9 am to 12 noon, chances are you may be talking to yours truly!). Besides the phone line, I do other volunteer works for them as well totalling about 25 hours per month.

Before getting back to the topic of diabetes, I would like to clarify that I am not a health professional. The information provided below is very basic in nature and is accurate to the best of my knowledge. You are advised to check with your family doctor if you have questions.

### 1. What is diabetes?

Diabetes is a disease in which the body does not produce or properly use insulin. Insulin is a hormone that is needed



to convert sugar, starches and other food into energy needed for daily life. The cause of diabetes continues to be a mystery, although both genetics and environmental factors such as obesity and lack of exercise appear to play roles.

## 2. Major types of diabetes

### Type 1 diabetes

Results from the body's failure to produce insulin, the hormone that "unlocks" the cells of the body, allowing glucose to enter and fuel them. It is estimated that 5-10% of Americans who are diagnosed with diabetes have type 1 diabetes.

### Type 2 diabetes

Results from insulin resistance (a condition in which the body fails to properly use insulin), combined with relative insulin deficiency. Most Americans who are diagnosed with diabetes have type 2 diabetes.

### Gestational diabetes

Immediately after pregnancy, 5% to 10% of women with gestational diabetes are found to have diabetes, usually, type 2.

### Pre-diabetes

Pre-diabetes is a condition that occurs when a person's blood glucose levels are higher than normal but not high enough for a diagnosis of type 2 diabetes. There are 57 million Americans who have pre-diabetes, in addition to the 23.6 million with diabetes.

## 3. Is diabetes serious?

Diabetes is a serious problem that costs our entire planet. Most people don't realize that it is not only the world's 4th leading cause of death, diabetes is increasing daily and now affects an estimated 246 million people globally. If left untreated or improperly managed, diabetes can result in a variety of complications, including:

- \* Heart disease
- \* Kidney disease
- \* Eye disease
- \* Problems with erection (impotence)
- \* Nerve damage

The first step in preventing or delaying the onset of these

complications is recognizing the risk factors, as well as signs and symptoms of diabetes.

## 4. What are the symptoms?

Signs and symptoms of diabetes include the following:

- \* Unusual thirst
- \* Frequent urination
- \* Weight change (gain or loss)
- \* Extreme fatigue or lack of energy
- \* Blurred vision
- \* Frequent or recurring infections
- \* Cuts and bruises that are slow to heal
- \* Tingling or numbness in the hands or feet
- \* Trouble getting or maintaining an erection

It is important to recognize, however, that many people who have type 2 diabetes may display no symptoms.

## 5. Do you have diabetes?

Only your doctor can determine, through blood tests, whether you have diabetes. If you are aged 40 or over, you are at risk for type 2 diabetes and should be tested at least every three years. If any of the following risks factors apply, you should be tested earlier and/or more often.

### Being:

A member of a high-risk group (Aboriginal, Hispanic, Asian, South Asian or African descent)

Overweight (especially if you carry most of your weight around your middle)

### Having:

A parent, brother or sister with diabetes

Health complications that are associated with diabetes

Given birth to a baby that weighed more than 4 kg (9 lb)

Had gestational diabetes (diabetes during pregnancy)

Impaired glucose tolerance or impaired fasting glucose

High blood pressure

High cholesterol or other fats in the blood

Been diagnosed with polycystic ovary syndrome, acanthosis nigricans (darkened patches of skin), or schizophrenia.

## 6. Can you prevent diabetes?

Scientists believe that lifestyle changes can help prevent or delay the onset of type 2 diabetes. A healthy meal plan,

weight control and physical activity are important prevention steps.

### 7. How is diabetes treated?

People with diabetes can expect to live active, independent and vital lives if they make a lifelong commitment to careful diabetes management, which includes the following:

- \* Education: Diabetes education is an important first step. All people with diabetes need to be informed about their condition.
- \* Physical Activity: Regular physical activity helps your body lower blood glucose levels, promotes weight loss, reduces stress and enhances overall fitness.
- \* Nutrition: What, when and how much you eat all play an important role in regulating blood glucose levels.
- \* Weight Management: Maintaining a healthy weight is especially important in the management of type 2 diabetes.
- \* Medication: Type 1 diabetes is always treated with insulin. Type 2 diabetes is managed through physical activity and meal planning and may require medications and/or insulin to assist your body in making or using insulin more effectively.
- \* Lifestyle Management: Learning to reduce stress levels in day-to-day life can help people with diabetes better manage their disease.
- \* Blood Pressure: High blood pressure can lead to eye disease, heart disease, stroke and kidney disease, so people with diabetes should try to maintain a blood pressure level at or below 130/80. To do this, you may need to change your eating and physical activity habits and/or take medication.

#### References:

American Diabetes Association: <http://www.diabetes.org/home.jsp>

Canadian Diabetes Association: <http://www.diabetes.ca/>

#### Other links:

[http://www.diabetes-hk.org/b5\\_home.asp](http://www.diabetes-hk.org/b5_home.asp)

<http://www.changingdiabetes.tw/default.aspx>

<http://www.everydayhealth.com/diabetes/understanding/index.aspx>

## 讀杜詩有感

陳瑞蘭

夜了，我乘搭的小船不再前行，只好停泊於岸，等待黎明。這裡沒有其的船隻，岸上長滿細草，不時有陣陣微風吹過，閃爍的星星，像下垂的天幕，籠罩在廣闊的原野上。滾滾的長江那頭，湧現了一輪明月。看著眼前的美景，想起我自己，雖因文章寫得好而薄有名聲，但現在我老了，是的我要退休了，在廣闊的天地間，我就像那孤獨的海鷗一樣，飄飄然不知歸於何處。

這是杜甫晚年的作品，以上是我用白話的意譯，以下是原文：

旅夜書懷                      杜甫  
細草微風岸，危檣獨夜舟，  
星垂平野闊，月湧大江流，  
名豈文章著，官應老病休，  
飄飄何所似，天地一沙鷗。

看他中聯，『星垂平野闊，月湧大江流』是多麼的開闊和有氣勢，而尾聯『飄飄何似似，天地一沙鷗』又何等的沉鬱和悲涼啊呀！

李白也有一首類似的詩：

渡荆門送別                      李白  
渡遠荆門外，來從楚國遊  
山隨平野盡，江入大荒流  
月下飛天鏡，雲生結海樓，  
仍憐故鄉水，萬里送行舟。

形容的境緻差不多，但寫來輕鬆自如，只結尾有點依依之情而已。

這可能和他們的際遇和天賦有關，而最大分別，我想是他們的人生觀的問題，試看杜詩前四句描寫的景色這樣美麗，如果他能挑燈夜讀，或與漁家閒話家常，或者下一盤棋，倦了就睡，不是一件很開心愉快的事嗎？但他將自己比作一沙鷗，令自己置於一種悲愁的境地，若他能看破一點，視自己為微塵，為過客，是否能減輕他的一點沉重感呢？

再看李煜的詞：

### 玉樓春

晚妝初了明肌雪，春殿嬪娥如貫列，笙簫吹斷水雲間，重按霓裳歌偏徹，臨春誰更飄香屑？醉拍欄干情味切，歸時休放燭光紅，待踏馬蹄清夜月。

這是李煜被擄前在宮中行樂的詞作，氣氛明麗歡暢。

另外一首詞 烏夜啼

昨夜風兼雨，簾幃颯颯秋聲，燭殘漏滴頻欹枕，起坐不能平，世事漫隨流水，算來一夢浮生，醉鄉路穩宜頻到，此外不堪行。

這是他歸為臣虜之後所作，他也曾想，『世事漫隨流水，算來一夢浮生』，然而他當然不能做到，所以只好徹夜難眠，醉鄉頻到了，可見當我們處於某種境地時，就有某一種的思想和情緒的表現，一切安慰和開解的話都只是空話吧了。

悲歡離合總無情，人是沒有長久的，讓我們活在當下，享受當下吧！

## 從 A 點到 B 點

李威漢

人生的旅途都是從一開始點去到另外一點，不單止是旅遊，人生的經歷也充滿了許多從 A 點去 B 點的故事。多年前我和一投資人去拜訪一公司，在飛行時為了消磨時間，我問他如何成為一富有投資人。這是他的故事。五零年代，他在灣區一電子公司替美國政府做研究工作，他心想轉去推銷部門 (marketing)。老板總是說他完成這劃後再考慮這轉移。可是一個計劃完成了，又一個新計劃，他的理想都不能實現，有一個星期五晚上，他請了一位朋友來吃飯。這位朋友談到他近日花了二百元上了一課 (seminar) 的心得。在那時候，數千元便可以買一幢屋，二百元去上一課是一般人不願付出的費用。那課題是如何為自己職業做籌劃 (career planning)，說來很簡單，我們從小學到大學，都計劃要進入好的學校，但當我們畢業後，成為受薪階級，為了成家，買屋，供養兒女，很多時，為了穩定的生活便不再去思考目前的工作是否是個人理想的工作。一些人進入了中年便對工作無興趣，結論便是我們應不時去評估現有工作是否理想，而作一調整。我朋

友聽了後，第二天便在書房裡，寫下他理想的工作，然後去從報紙廣告裡去找這理想的工作。剛好有一公司要招募一推銷人員，於是他便去應徵。那總經理看過他的歷後，問他為何他應徵推銷的工作。他回答說這是他認為最理想的工作，那總經理說既然是你的理想，你便試試吧。結果在那公司裡做了一年後，轉入了財務部。接著轉去了另一公司做管理投資，最後加入了最有名的公司 H and Q。我認識他時，他已擁有自己的投資公司。他的故事使我想到了我的職業生涯也有類似的轉點。但大部份是隨著命運轉，身不由己，而不是刻意追求一理想的工作。我回家後將這故事告訴了給女兒，她們也有和朋友談這故事。

我對人生的最大思考是怎樣從讀書 (A 點) 到在社會工作 (B 點)。求知對我來說是容易，但在社會工作和知識又有甚麼關係。我父親只是小學畢業，從學徒成為商人，而在這過程裡精通英，法語。我在小學時心裡的陰影是小學畢業後便步上我父親的後塵。幸運的是的父親在我成長的時候健在，使我有機會完成學業。在大學一年級後的暑期，我在航空系找到一暑期工作，為一碩士班同學去量火災 (flame) 的溫度。工作無挑戰，又不忙。我用工作及晚上時間自修了 calculus III 及 linear differential equations。所以第二年級時我已讀第三年的數學。第二年暑期，我為幾個教授做半導體有關實驗。那時尚未有半導體的教科書。這些教授正編輯這教材。其中一實驗是 Hall effect，當一定波長的光打入半導體的 junction，半導體便可以通電。因實驗是為大學生設計，用的光源是一電筒。這是那年記憶最深一事。崔琦獲得諾貝爾獎。是因發現 quantum hall effect。雖然遠離物理學，我因這暑期工作至少明瞭什麼是 hall effect。第三年暑期，我找到一份在 Amar Bose 教授實驗室工作。電焊 PC 板，去工場做個鋁盒去保護 PC 板。這電子線路的設計將一小型的擴音器 (speaker) 可以發出洪量的聲音。一個暑期又過去了。這位 Bose 教授便是今天有名的 Bose speaker 的創辦人。這三個暑期的工作工資只有每小時一元。一個暑期省下四百多元算是不錯了。除了金錢外，尚未找到工作的意義何在。

我對科學研究的啟發，而找到發揮我個人的能力，是我在六七年，拿到碩士學位後在 IBM 工作得到的經驗。那年春天，我希望能在三藩市附近找到一份暑期工作，藉此和惠翠多點機會見面。在圖書

館的光學雜誌看到 IBM 在聖荷西的實驗室有位科學家(Dr. Adolf Lohmann)做的研究和我當時的研究很相近。我便寫了一封信去 IBM 的人事部門，探問有無機會在暑期裡為這位科學家工作。數月後一天收到一從紐約來的電話，打電話的人正是 Dr. Lohmann。他約我翌日去紐約和他見面，因他剛在那裡參加一會議，從他處才得知我真幸運。因為我的信在 IBM 裡傳到不同部門，沒有人願意顧用我。當我的信傳到一位科學家時，他叫人事 部將我的信傳去 Dr. Lohmann。因而找到了這千載難逢凡的工作。不單可以在週末可以去探訪惠翠。IBM 暑期的工作決定了以後到今天做的研究工作。

在這暑期裡，我聽了另一個從 A 點去 B 點的故事。Dr. Lohmann 成長在第二次大戰的年代，二次大戰結束前，十來歲被抽了去東德阻止俄國兵進入東德。幸運很快二次大戰結束了。他面臨的問題是如何回到西德。手上又沒有文件。他碰到一位有文件的士兵，他用一煮熟的雞蛋，去了皮。用蛋的濕氣去將文件的圖章油墨拿到一點，然後轉移到一白紙上。再用打字機將公文打上。他拿著這假公文，一路走回家。戰後的德國很窮，為了取暖，他去一課室取暖等待回家的巴士，那堂課剛是教授 Fourier series, Fourier transform。這成為他日後在研究光學的數學根基。每日午餐他和我的閒談便是他如何從過去的光學發展的歷史，找到新的問題和答案。這暑期以後我不再為工作的意義而煩惱了。

### 夏仲權一故事

李威漢

我不太認識夏仲權，聽說他來過美國留學。畢業後我再碰到他時，已是回到母校參加善社銀禧了。初時肥陳還說他不願來參加。但最後他還是來了。在大公宴時他和我同席。他告訴我他看到我為北京清華大學金國藩教授的全息學一書寫的跋。放在書前的為序。書後為跋。全息學是光學的一小門派。我很驚訝夏同學會接觸到這本書。當時我了解夏同學的困境，也知到有善社同學幫助他。銀禧後再沒有他消息。近年來，培正母校為註冊而開了不少的會議。在一期通訊裡，我看到夏同學的名列在出席名單裡。心想夏同學還在關心母校。希望能在回港時有機會再和他見面。最近收到唐冬明轉來的消息，才知他已離開了我們。

### 再談從 A 點到 B 點

李威漢

二年前參加知音合唱團後，惠翠送我的生日禮物是去跟談柏年老師學聲樂。不覺已跟隨談老師二年多了。如不是惠翠的好意，我不會花時間去學聲樂。不學還好，一開始了，便發覺過去的唱歌方法完全不對。我對老師的期望是指導我甚麼是正確的方法，及如何擺脫舊的習慣，走上正確的路途。很可惜第一年的時間，我完全沒有進步，在練聲時，老師總是說聲音位置不夠高，喉音重。當我問怎樣去唱才有高的位置時，他示範給我，但沒有講解身體要怎樣才能做到，他也沒法解釋。我只好從他的示範來模仿。我記得有一次，我問他能否告訴我他如何從沒有聲樂的能力去達到他現在的功力。不像的那投資友人，他並沒有回答我的問題。在學的過程裡，有一次他說我唱時聲帶沒有張力，可惜的是他沒有繼續說如何才能有張力。一般聲樂的老師都說唱歌時牙關要打開。一次在合唱團練聲時，老師提到要練習打開牙關讀字。在一年來都沒有進步裡，我下了個決心不管讀字不清，我先執意去把牙關打開。在這期間裡，我在台灣認識了一位喜歡打太極拳的朋友。他師傅吳國忠是鄭曼清的學生。在閒談時，我告訴他我師傅教的的推牆功。他回告我他們也有一個叫靠山功。那天剛下雨，他帶我到室外一磚牆，背向牆，腳跟離牆約一呎，身向後倒，接觸刹那，自由呼氣，好像牆向背推，非吐氣不可。如做得惜當，口會有聲音出來。我回家練習多次後，發覺牙關要打開，在碰牆的一刻，橫隔膜受到振盪，打動聲帶而發出聲音。所以從這經驗我明白一定要用橫隔膜去發聲。說到這裡，又要再回到談老師講解歌唱時呼吸的方法。在一次練聲時，他問我們用甚麼來呼吸。有說是鼻，有人說是口。其實我們呼吸是因肋骨的擴張，使空氣從鼻入肺。吸氣時將橫隔膜下壓，腹部膨漲，而唱歌時用橫隔膜上壓，振盪聲帶。所以唱歌時不能漏氣。

對歌唱的追求，正如在科學上的追求一樣，我把別人點滴的經驗溶合成一做事的方法。因為肋骨的擴張及橫隔膜的都不是可以隨意控制，所以正確唱歌必要努力才可以達到。很多人不用訓練，說話都已是用橫隔膜去振動聲帶。尤其是所有小童都是這樣。聽說名歌唱家 PAVAROTI 有次在表演前一晚，擔心他的聲帶能承擔多場的表演。當他聽到隔壁房間的嬰兒，不停的哭。他領會到歌唱應如嬰兒一樣去用橫隔膜來振動聲帶。



年宵會  
馮啓生，羅子華，  
羅太，梁燊成，

一月在羅省  
溫健民，陳承正，劍，李嘉泉，麥志雄，鄧殷能  
朱念之，溫太，陳太，劍太，李太，楊謙珍



黃耀輝，黃太，王溫哥華



年宵會  
馮啓生，羅子華，劍  
羅太，梁燊成，



三月宴黃馨龍



十一月在溫哥華  
蔡宗馨，黃鎮棠，劍，盧民逸，黃馨龍



在香港  
胡炎章，方忠



十一月在 Whistler  
劍，蔡宗馨

11月/2008



三月聚餐  
周哲賜



太太團



八月聚餐  
陳承正，羅子華，同常達



溫哥華  
盧民逸，黃馨龍

## 唐扯九道之二

### 由正心、正氣、正身及按躄說起

唐冬明

隨著年紀的增長，我們的病痛也隨著增加。舊患新傷，勻身痠痛，無他，年事日長，血氣日衰，身體形態因不良習慣性的活動帶來長久的偏差與不正。凡有不正則產生不必要的壓力，有壓力就經脈血氣不通，不通就痛，道理是很簡單。但有多少人會在沒有病前先去糾正改變呢？

我們的先賢早在春秋時代就設計了一套完善的防治之法。總結為：(一) 按躄、(二) 導引、(三) 行氣、(四) 服食、(五) 房中、(六) 坐忘、(七) 心齋... 等項。概括了人日常的生活。由心、氣、身三方面，內外並進的改善自己。改善的要訣莫外「中正、靜、柔順、平衡」幾個字。而其中更以「中正」為主。不偏之謂中，中是位置偏於靜性的。如中國、中庸，正是較為主動屬動性的。隨時不「中」，隨時糾「正」，所以是動靜相兼的進行著。

在中國所有的學問中，第一講求「正心」。心不正不傳道。正心在儒家是正心誠意，在道家為清心寡慾，在佛家為明心見性，破執觀空，在基督教為捨我博愛，在回家為信道行善。方法以心為首，心是無形無質的，但它的力量遠超乎身。即使在求身心舒泰健康這小事上，若心不正是不可能改的。心的動念只是一剎那，善惡的偏離在於一瞬間。莫以為惡就一定是大惡，真實人當在財勢名利酒色中計較誇耀爭執，就是心已離了位，但是我們不知道。好比單肩背著背囊歪著身子走，自己不知道一樣。在基督教上說我們的靈魂已多多少少的賠了上去。在佛家來說，這些都是屠刀，心中任何，即使一點點的貪嗔癡怒慢都是屠刀，屠刀不放，靈魂就黏上去，心就無法中正也不能靜。沒有定靜安慮得，身心怎能舒泰，身體怎能好？在性命雙修的功法中，性功第一就是正心，一切念由內心處出發，不沾一絲俗世塵煙，沒有什麼酒色財氣，名利榮辱之念，出於真心，赤子之心，常使心清、靜、明、良善就是坐忘，心齋的要項。

第二是正氣，氣的觀念是中國與印度所特有的。孟子說吾善養吾浩然之氣，文天祥的正氣歌，由黃帝的內經開始，先賢養生家、丹道家、醫家、武術家莫論儒道各家，都注重養氣煉氣，氣是無形有質的。它是介於心與身中間連通傳導的。先賢認為在外有空氣、水氣，四時之正氣，水谷(即食物)

之氣，天地各物皆有氣(一種能量)，人由父母給我們的先天之氣，推動吸收(服氣食餌)外面來的氣，轉化為營氣和衛氣，營養及保衛全身，這些氣流通于十二正經奇經八脈及小的絡脈，連通四臟六腑及奇恆之腑(如腦、子宮等)。我國的醫學、養生、武術、道術全部根據這一套學問與理論而訂定的。不然針灸、丹道功夫，氣功、太極掌為什麼慢吞吞地打，站桩功，靜坐功就沒有根據，沒法醫療防治，也沒法練了。從前面說的要身體轉的，就是要養正先天元氣及十二正經與奇經八脈之氣。其法不難，就是莫論行、住、坐、臥。皆正心與正身，正心上面已講過，正身則是莫論行住坐皆立身中正(臥除外)，臥分中正與卷曲，背脊豎直，下閣微收，放鬆肩膊雙手全身，想法全身不用任何力量，意思是好像疊石頭積木一樣，把全身骨骼利用地心吸力疊正，則不需肌肉力。住即站，站時雙腳平行，約與肩寬，屁股微前推，小腹微內收，然後放鬆腹部，眼睛平視或作半開微閉，隨著腹內呼吸，先放鬆呼，再讓它自然吸。先呼後吸，全不用力，也不作猛呼猛吸，只順其自然。內視腹內呼吸一直到身心舒泰，忘記自己在那裡。若有酸麻脹冷熱，蟻行癢，均不必理會，這是氣動。若是痛則稍移動，盡量使不痛，這就稱為站桩功。坐有正坐與盤坐。正坐則腿膝腳成九十度角，雙腳仍是與肩寬平行擺平，也是自然慢慢呼吸，呼吸皆用鼻不用口。行時則身稍蹲下，背直，雙腳平行，手擺在腹前掌心向下成三角形，八卦拳以此為基本功。行時一步一步輕靈舒徐，腳是平起平落，如滑雪般稱為行桩功，莫論行住坐臥，除閉口外，舌尖須很舒服的微貼上顎，稱搭鵲橋。初學先由站開始，五分、十分、廿分、半小時、一小時不等，隨意，最少站幾個月(站為春)，數月後可學行(夏)，以後再學坐(秋)，最後才到臥(冬)。站久氣會由頭順足三陽經由身前及外側降至腳，腳下如踩棉，就練得差不多了。氣亦由胸走至手內三陰經去手掌，手會暖熱。氣又會由頭順前胸任脈降至腹內，腹內會暖，稱氣沉丹田。練功先通任脈，血壓就會下降正常。莫先通督脈，氣下行足後，慢慢會上行的，所有的氣行都是自然的，絕不可勉強壓，也不可急，總之是站也好，坐也好，行也好，臥也好，求中正舒適就夠了。所謂積涓滴以成江河。長期的不正，也只有長期的糾正。冰川溶雪也是一滴一滴的匯聚。黃河，長江由此而來。有同學肯做的，兩三個月下來，他(她)的健康就改善許多，這是實際經驗說的，不是亂扯的。

回到正身，身是有形有質的。前段已講了姿勢上的正身法，就是舒肩或沉肩，直脊。但平時我們這裡痛，那裡痠，就得用按蹻(手按足蹻)。由整體推拿，及局部舒解，才容易去正身、正氣及正心。按蹻被放在第一，因為它隨時可操作，那裡有痠痛，隨了癌症或發炎發潰爛，隨時可揉揉按摩按。這些不舒服地方稱為阿是穴(就是這裡了)。它是乳酸積聚的地方，當我們不舒服時，雖然我們不懂什麼醫理，我同們會自動摩掌，拍拍打打，那裡就會舒服些，這是正常的。因為按摩的作用是促進血液循環，氣息的流動，排除毒素，也增進內分泌包括紅白血球，荷爾蒙，胺多酸等自身藥物。按蹻以愚見可分四類：

(一)醫療按摩，包括正骨、跌打、推拿科，或祖傳或受正式醫學院訓練的專業人仕，以醫療為主。

(二)緩解按摩，一般商業性按摩，或有訓練或沒有訓練多注重肌肉血管的鬆馳，包括普通的物理治療及土耳其浴等。

(三)調情按摩，人是靈長類動物，雌雄交配時，會自然按摩以刺激荷爾蒙的分泌。

(四)自我防治按摩，我們的先賢在上醫治未病的原則下，根據流注經穴，創造了一套保健防治的按摩法，古稱乾沐浴或內八段錦或下床六段功等。由頭至足，包括浴頭，鳴天鼓，擦粧粧，推天庭，太陽，浴耳，眼，鼻，口，叩齒，鼓漱？，攪海，嚥津，浴頭，浴肩，浴胸，浴手，擦腰眼，浴腹，浴腿，浴足。坊間常有這些書買，同學可買些來參考試驗。初學手不須太重，次數也不必太多。做多了就知道什麼是適宜的力量和次數。然後再慢慢學什麼操作補怎樣洩。一般輕按為補，重按為瀉，順時針旋轉為補，逆時針為瀉，緩補急瀉，順經為補，逆經為瀉。有瀉補瀉，補瀉補等，這些都是中國特有的學問。然後在按摩時必先正骨，正骨又以正脊為主。即由背後按壓脊髓骨的使正，自己做則可仰臥在倒下的大樹幹上做，你會發現背脊上有壓痛點，即是不正之處。正骨的正筋，正血管神經，使各歸其位，然後正經脈之氣，每樣真的正了，痛就會消失。

另外中國的按摩除手按，足蹻外，五行中的鉀、木、水、火、土皆用的。金就是針灸。火是拔火罐、艾灸等。水是溫泉，藥浸，藥蒸氣，今天的熱噴池也是。以上大部分要專業，但木和土可以自己施行，木隨用木棒拍打頂壓外，我們可選正氣的

大樹如蘋果，櫻桃，棗，核桃，桃，梨等樹(千萬不可用漆樹，毒樹)把身體那一部分痠痛不適的地方挨上去，慢慢揉壓致舒適。這方法我介紹幾位朋友都對他們很有幫助，解決了一些毛病。土包括沙石，除埋熱沙，瓷匙或銅板刮痧，鴨蛋推外，古來用大小卵石推打，其法已失傳，稱之為「砭」。其實是找大小不同形狀，不同顏色(即不同礦物，有不同化學與能量)，或晒或烤或浸熱藥或清水，然後在身上滾推。我家後園就集了些，我就用其中一塊晒太陽敲打醫好我的膝傷，石有熱性與涼性，熱性可抗寒，涼性可助降壓等。平時有空可用腳板底去輕蹻它們(不要大力，大力蹻得很痛是錯誤的)，一點點痛是正常的，表示有不通。另外特別商用塑膠做得很尖硬，或機器電動上下都不對，要自己慢慢站上去輕輕加壓力，自己能感覺有幫助舒解才對。因足下通五臟六腑，作對了有助，反之則害，故平時光腳走走石地沙灘，草地都是好的，但不刺傷足為主。我有一好友蹻石後，多年易失眠症就消失了，約四個月後，發覺是足心湧泉穴有氣上冒，才明白為何古人稱之為湧泉穴，然後口吃東西感覺有滋味。

不論中外，我們還有很多學問等著我們去發挖，嚐試與整理。對我們身心有益，也能幫助人。同學退休了，時間稍多些，就有許多好玩的事可作研究與學習。小弟只由按蹻扯起正身、正氣、正心，萬事不作就正心吧，正心可由心上正，或理上正，或情上正。情上正就是詩、詞、歌、賦、戲曲、音樂、藝術、寫字、繪畫等；這就是所謂調養性情。最後祝君健康、身心歡愉。

阿唐頓首

編者：通訊附有同學地址錄，如有錯漏，請通知。



## Trip Report: Cruise from New Zealand to Australia 2008

汪大忠

Our 14 day cruise was on board the 1,500-passenger Holland America Statendam. We boarded the ship in Auckland, New Zealand and spent one day each in Auckland, Tauranga, Napier, Wellington, Picton, Dunedin, Milford Sound, all in New Zealand; before hitting Tasmania, then onto Melbourne and Sydney, Australia.

In general, the visited cities, outside of Auckland, in New Zealand have a population of around 50,000 to 150,000 with picturesque seashores, beaches, bays with yachts. Many resemble the coastal suburbs like those in the eastern coast in Florida, the stretch between Los Angeles and San Diego, the Seattle/Vancouver corridor, or the more up-scaled cities dotting the northern rim of the Mediterranean. Melbourne and Sydney are major metropolises in Australia with populations of 3.5 million and 4.1 million, respectively.

There are 17 political parties with 6 represented in the New Zealand Parliament. Most residents' ancestors came to New Zealand by canoe centuries ago and they identify themselves by the canoe that carried their ancestors. The tribal people practice nose touching, instead of hand shaking, at social encounters. The tribes, which constitute about 50% of the population, have their Kings, and operate two of the four universities. The unemployment rate is low. A BigMac combo costs about US\$10. Internet service on land costs US\$2/hour; on the cruise ship, US\$50/hour.

### Auckland, New Zealand

Auckland is the largest city in New Zealand with a population of 1.5 million, which are about 33% of New Zealand's 4.5 million total. Around 150,000 years ago, this region was as flat as a pancake. Over the succeeding millennia, geological activities created one volcano after another. The most recent eruption, around 600 years ago, created much of the present landscape. A more memorable one is Mt Eden's perfect crater.

Sailing and fishing are the Aucklanders' inhabitants'

passion. Its 1,400-berth Westhaven Marina is one of the largest in the Southern Hemisphere. The super-fast America's Cup yachts can be rented here.

In downtown Auckland, the spectacular landmark is the SkyCity with its SkyTower, which has a revolving restaurant, and an observation deck. One can jump off the SkyTower in a controlled 300-ft plunge, or experience the guided SKYWALK. In all, SkyCity has 10 restaurants, two hotels, two casinos, and other attractions.

### Tauranga, New Zealand

Tauranga is located in the western part of The Bay of Plenty, which enjoys one of the highest proportions of sunny days in New Zealand. The Bay of Plenty earned its name in October 1769 because of the numbers of thriving settlements of friendly Maori that Captain Cook encountered, as well as the amount of supplies they gave him. The port, one of the largest in New Zealand, handles the shipment of produce, logs, wood-chips and timber products. It draws increasing numbers of retirees attracted by the temperate climate and its well-designed infrastructures.

### Napier, New Zealand

Napier is located in Hawke's Bay. It's an important manufacturing and fishing center and serves as an exporting point of wool, processed meat, and dairy products. The community, laid out in 1856, is named for Sir Charles Napier, a British official in India. The modern port was built in the 1930's to replace the one destroyed by an earthquake in 1931. The new Napier was rebuilt on new ground brought up from the harbor by the earthquake. The architectural design, with earthquake-proof building codes, is reflective of being rebuilt during the depression, a time when the Spanish mission architecture and Art Deco were very popular. In fact, Napier claims the world's largest collection of buildings in this style.

The gannet safari nearby has 20,000 gannets, which take a 10-day trip to Australia and return 2-3 years later, without a GPS! 80% of the birds, with a life expectancy of 25 years, die during the journey. The gannets dive from 100' in the air, and can penetrate 25' into the water, to

catch fish for food.

Of the 110,000 residents in Napier, about 30,000 are vacationers/tourists. An average house with three bedrooms costs about US\$300,000. The same house on the beach would cost about US\$700,000.

### **Wellington, New Zealand**

The City of Wellington, with a population of 150,000, is home to the country's government and national treasures. It is surrounded by a magnificent harbor, with picturesque buildings situated on the steep hills. The flooding of volcano crater formed the harbor. The city, which runs up one side of the surrounding hills, is blessed with cultural and arts activities as well as numerous restaurants, cafes, nightlife events. By far, the most distinctive modern building in Wellington is the Beehive, which construction started in 1969 and completed in 1980.

### **Picton, New Zealand**

Picton is a beautiful port at the head of Queen Charlotte Sound. The City is very active when the ferry is in during the summer months and a rather slow, sleepy town at most other times. Between the museum and the ferry wharf is the battered, but still floating, hull of the old East Indian Edwin Fox, believed to be the ninth oldest ship in the world. Built of teak in the Bengal region of India, the 157-foot, 760-ton vessel was

launched in 1853 and in its long and varied career carried convicts to Perth, troops to the Crimean War and immigrants to New Zealand. Presently, the Edwin Fox is being restored, costing several million dollars, but will float for another 200 years. The scow Echo, built in 1905, is another attraction in Picton on the eastern side of Shakespeare Bay. It was retired in 1965 and is used as the clubrooms of the Marlborough Cruising Club.

### **Dunedin, New Zealand**

Gold was discovered in this area in the mid-1800s and Dunedin quickly became the richest and most influential in the colony. In 1879, it was the first city to own a tram system, and it remained working until 1957. Today, Dunedin is predominantly a college town with 12,000 students, about 10% of the City's population of 114,000. The City

has a strong entertainment scene, with plenty of cafe, pubs, and arts, with a distinct Scottish theme. Pearls are also the tourists' favorite.

### **Milford Sound**

Milford Sound is a 10-mile long Fjord. Fjords are valleys carved by the tremendous pressure and power of glaciers during successive ice ages, which are then flooded, as the ice melts and sea levels rise. The spectacular Fjordland National Park includes New Zealand's most famous walks -- the Milford Track. The park can better be appreciated from the air or from a ship on the Sounds. The many dozens of waterfalls, plunging hundreds of feet into the Fjord, are dramatic and unforgettable.

This area receives a large amount of precipitation and it leaves a 10-13-ft permanent fresh water layer above the warmer seawater. Because of this, Milford has become home to diverse sponges, corals and fish. Its most famous landmark is Mitre Peak, a pyramid-shaped mountain rising straight out of the Fjord.

Leaving Milford Sound, the Statendam sails toward Burnie, Tasmania, which is part of Australia.

Voting in Australia is compulsory with a non-voting fine of \$50. There are two major political parties and three minor ones. Restaurant waitresses get paid about \$21/hour. Cost of living, in general, is higher in Australia, compared to the US.

### **Burnie, Tasmania**

The Dutch navigator Abel Tasman discovered Burnie, a city on the island of Tasmania -- a southeastern state of Australia -- in 1642. Burnie rests amid rich farmland and beautiful rocky coves. The town, famous for paper manufacturing, with its wharf area, is piled high with mounds of golden wood chips. Tourists can experience a bit of the paper industry at the community-based non-profit Creative Paper Mill, where the paper is handmade and showcased.

### **Melbourne, Australia**

The second largest city in Australia and the capital of Victoria, Melbourne sometimes has trouble escaping Sydney's shadow. It reigns over Australia culturally and has been dubbed the planet's most livable city.



Distinctive neighborhoods, leafy streets and the clean, efficient transport system mean that Melbourne rarely feels like a city of 3.5 million people. The exotic fauna of Melbourne Zoo, the grizzly images of Old Melbourne Gaol, and the relaxing atmosphere of the well-preserved Victorian residential neighborhoods draw thousands of weekend sightseers and world travelers, while the city's multiple Mediterranean and Asian communities enrich the city's cuisine. The Royal Botanical Gardens, just across the muddy Yarra River from downtown, support one of the world's best plant collections.

In Melbourne, my wife and I were greeted by Andrew Chan, who gracefully hosted a one-day tour for us. We visited the various tourist spots, sampled the food, and the tram system, etc. It was a very wonderful and memorable experience.

**Sydney, Australia**

Sydney is the largest city in Australia, with a population of 4.1 million, some 61 % of the New South Wales State total of 6.7 million.

Although the Aboriginal people have inhabited in the Sydney region for about 40,000 years, it wasn't until 1770 when it was discovered by Captain James Cook. In 1788, eleven ships dropped off 1,400, mostly British convicts and soldiers here, and this practice of ex-

iling British criminals would continue for the next 52 years. Currently, 70% of Sydneysiders are bi-racial and over 1/3 are born overseas. The immigrants are 16.5% from Britain and Ireland, 15.9% from Southern Europe, 15.1% from Southeast Asia, 12.5% from China, Hong Kong and Korea, 8.4 % from the Middle East and 5.6% from New Zealand. Similar to other metropolis around the world, in addition to ample shopping venues, Sydney has many cultural, entertainment, and recreational attractions. The most famous are the Sydney Opera House and its adjoining Harbor Bridge, the Rocks & Circular Quay, Darling Harbor, Royal Botanic Gardens & the Domain, as well as Chinatown and the Chinese Garden of Friendship.

Australia supplies 95% of the opals to the world and is a major producer of pearls. Many exciting designs and mountings are available in Sydney.

In Sydney, my wife and I were hosted by her uncle, who gave us a wonderful tour of the City.

Finally, a few words about the ship. The ship has a capacity of 1,500 for guests and a crew of 500. The average crewmember works 12 hours/day, seven days a week for 11 months a year, then gets 3 months off with no pay. The average pay is about \$800 to \$1,100 per month. Since the crews do not have too many opportunities to spend their earnings, most can save about \$10,000/year during the 11 months of employment.



**The Puzzle of 12 and 13 Figures**

By Tong Dung-Ming (Don) with an excerpt from Amy and Rocky Lee

Don recommends that, unless for those die-hards, try not to read this article at once. As he has divided it into 3 parts, read each part at a different time.

**PART I**

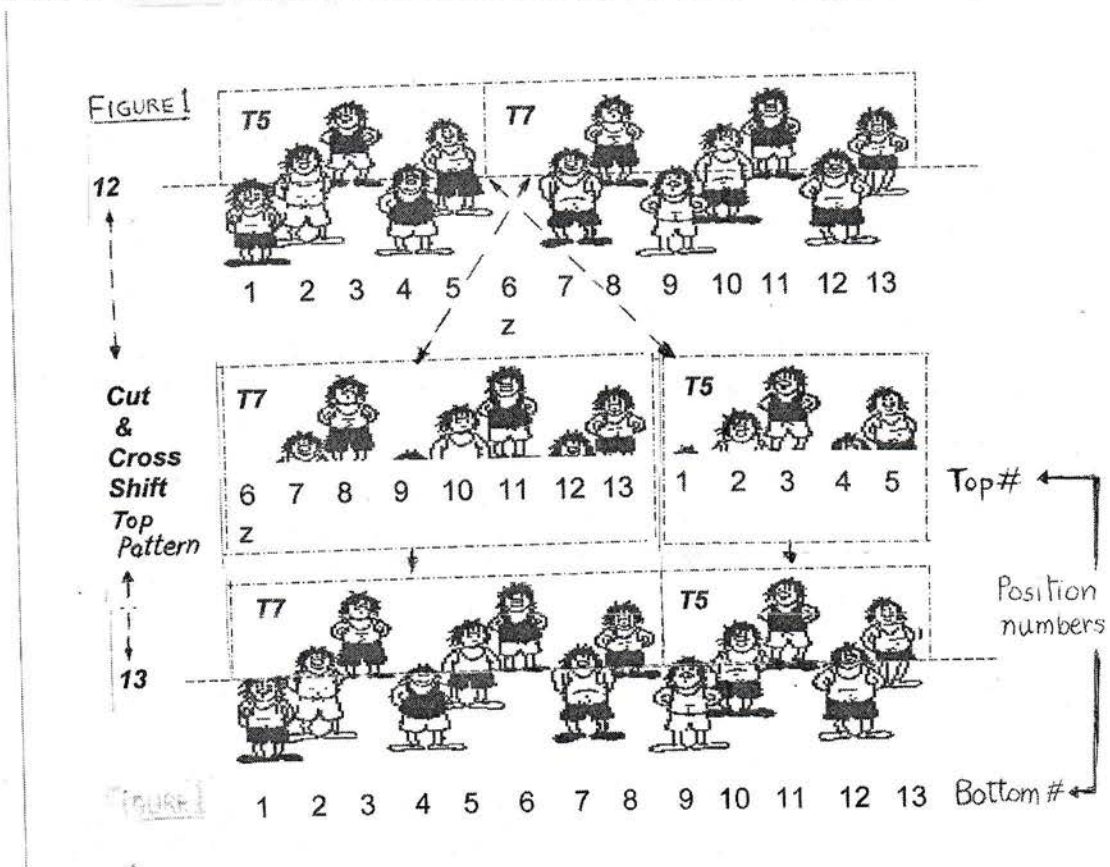
**The Puzzle**

Wu Kim-Ho sent an e-mail with the following puzzle of two moving pieces T5 and T7 (T for Top). Cut along the dashed lines and cross shift the two pieces, 12 figures become 13 figures. The original e-mail in Chinese was:

數數看是 12，還是 13 呢？(這個真的很有意思)

這是我見過最難理解的 E-mail 了！

請等到下方的圖片變化完成 到底在圖片裡是 12 個人還是 13 個人？ **Figure 1**



真是令人起笑！到底是從哪裡冒出第 13 個人？!  
 不要問我，我到現在還是搞不懂！等你弄清楚後，記得告訴我答案！  
 (Probably nobody knows who the original writer is?).

Two attempts of explaining the Puzzle – a total failure and disaster

Don thought that he understood the mechanism behind the puzzle and eagerly tried to explain it to the classmates. His first attempt was to simplify the figures into “sticks”. Cutting a stick in half and moving one out create two short sticks – an oversimplification. He then drew a pattern of upside down “U”s, and asked readers to cut, shift and fit together – didn’t help much. The explanation was equivalent to “Can you tell me the difference between the portrait paintings of Rembrandt and Van Gogh? Don’s answer was: can

you tell that the names are different, one died poor, one crazy? Or copy their paintings and you will understand the difference”!

No wonder bright as Ben (Wong Yau-Cheong), gently suggested to Don that it will be interesting if he could relate the puzzle to mathematics. Rocky, the nice “GuYe”, commented that he was 90% lost and followed only 10% of what Don said, thanked him for inspiration and went on to explore the puzzle as a family project with his beloved wife Amy. Sigh!

All these open advices and warm responses are welcome and invaluable. Don appreciates the feed back from all the classmates and friends whether they raised their hands or not. Amen is the same!

The two attempts lead Don to conclude that unless he can present a very simple understandable solution on how the heights were cut, there is no way to talk superficially and expect the classmates to catch on what is being done behind the puzzle.

The solutions to be presented are quite simple and everyone should have no problem following them (3/4 of the material and solutions used 2<sup>nd</sup> grade math, only the last solution requires a little high school math). The material is organized step by step to provide an increasing percentage of understanding to the puzzle: PART I. 1. Amy and Rockys’ statistical summary of data [30-40%], 2. A game solution with Legos [60-70%];

PART II. 3. A matrix solution [90% and up]; PART III. 4. Comments.

#### The Exploration of Amy & Rocky – Let the Data Speak (excerpt)

Kim, We have been instructed by Donald Tong to try my explanation to the rest of the classmates. So here we go. Amy and I come up with the explanation by observation and measurement only. No logic or theory behind it. As Donald says, the guy comes up with the puzzle is a genius. So I can only explain the result in a simple minded way. I cannot tell you how he can come up with it. We are using the same convention as Donald. In the 12 people picture, there is a group of 5 people from #1 to #5, #6 does not exist yet. Then there is another group of 7 people, #7 to #13. Also we are using Donald’s T5 and T7 notation. T5 is the top part of the 5 people group; T7 is the top part of the T7 group. If we exchange the T5 and T7 and line up the people properly, the picture will become a 13 people picture.

In order for us to try to explain puzzle, you should have both the 12 people picture and 13 people picture on hand. The creator of the picture places the people at a different level of the picture for a reason. He is trying to grab different body parts from different person to create people #6. So the position of cut line between the top and the bottom part of the picture is important. If you draw a line between the top of the pant of #5 and bottom of the pant of #13 in the 13 people picture. This will be the cut line. Now please draw the cut line on the 13 people picture. Also please notice that all people on both pictures have slightly different height.

Let us look at some of the obvious ones in the 13 people picture. #1 has a flat top; part of his hair has gone (to #9). #4’s feet are thinner. #9’s head is shorter and almost without eyes. #13’s pant and legs are shorter. I am going to bore you about where every smaller body part has gone. I am sure that if you compare the 12 people picture and The 13 people picture you can tell.

We have actually measure the height of each person on both the 12 people picture and the 13 people picture. We have also tried to compare each person from both pictures to see what is missing (or shorter).

Now let us look at our data: First column is the people number, second column is the height (in mm) in the 12 people picture, and third column is the height in the 13 people picture. Forth column is the difference. Fifth column is the shortened part of the person in the 13 people picture.

1	35	32	-3	top of hair
2	41	37	-4	between chin and chest, shorter head
3	34	34	0	thinner feet
4	36	34	-2	forehead and nose
5	39	35	-4	top of pant
6		34		Created
7	39	38	-1	chin
8	36	30	-6	bottom of pant
9	36	34	-2	eyes
10	40	35	-5	middle body
11	36	34	-2	upper chest, top of feet
12	38	34	-4	mouth and chin, the chest becomes the chin
13	35	32	-3	Shorter pant and upper leg

If you add up all the negative number, it is -35. The created #6 is 34mm in height. The difference can be due to accumulated measurement error. If you add up the fifth column, you have all the body parts of #6. Thanks Amy and Rocky

[30-40%] understanding score - As Rocky mentioned: they presented the data as it works, but do not know how the puzzle was created.

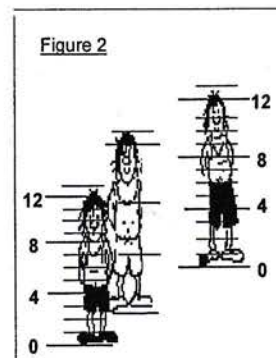
#### Lego Land –A Fun Game and a Cryptic Solution

Rocky and Amy stated the importance of the position of cut line. This paragraph will show you the position of each cut. They were not obtained by try and error or experimentation but with simple math. In addition, how the body parts are lost will also be illustrated. The solution, disguised as a game, reveals the secret of the puzzle in an easy and intuitive way. Just relax, read on, and keep a piece of paper and a pencil handy.

1. The Construction of the Lego Figures: We are in Lego land and are given a dozen of Lego figures. Each figure has a player # on it (#1 through #5, #7 through #13 except no player #6 which is to be created). Each figure is assembled from 13 pieces of Legos - 13LP stacked together. From top to bottom, the 13 pieces are numbered with their height from 13, to 1:

**13LP** = {one hair piece: 13; three pieces to make up the head: 12, 11, 10; three pieces to make up the V-neck shirt: 9, 8, 7; two pieces for the upper part of the jersey short: 6, 5; one piece made by a combination of the lower part of the short and the upper part of the legs: 4; one piece for the middle legs: 3; one piece made by a combination of the lower part of the legs and the upper part of shoes: 2; and finally one piece for the remainder of the shoes: 1}. For convenience, the pieces are numbered from top down: 13 for the top hair, 12 for the forehead, then 11, 10, ... , 3, 2, and finally 1 for the lower portion of the shoes (See Figure 2).

The 13LP was specially designed to assure that if we remove **any single piece** from a figure and rejoin the rest of them together, the reconstructed figure still looks reasonably good as a whole figure but only shorter in height.



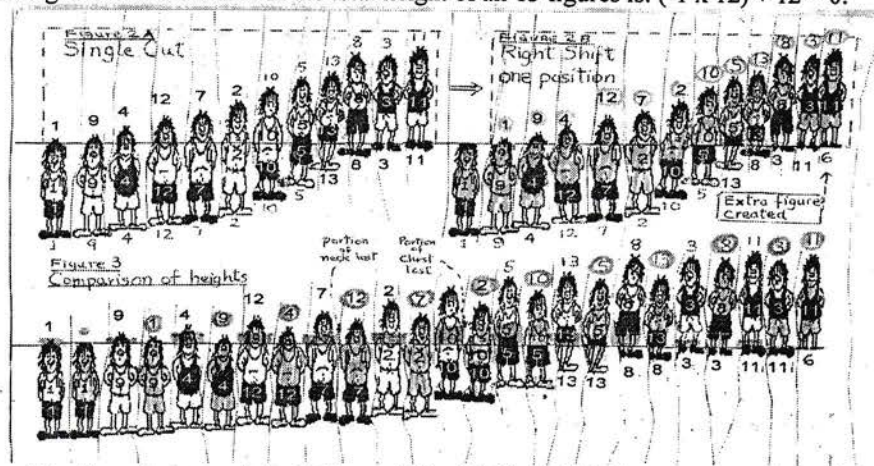
**Game and 1<sup>st</sup> Solution:** We are asked to create one additional new figure #6 from these 12 figures according to the following rules:

- 2) **Lining Up the figures:** Line up all the figures in a row, with player #1 in the first position, the non-existing player #6, to be created, in the 13<sup>th</sup> position, between them no specific order of player # is required (your choice). As an illustration, Don has picked the following sequence of player # (lining up order): #1, #9, #4, ..., #11, #6, as shown in Table 1.

**Table 1** An example of figures lining up with Player #1 first and #6 last

Position	1	2	3	4	5	6	7	8	9	10	11	12	13
Player #	1	9	4	12	7	2	10	5	13	8	3	11	6
Top Height	1	2	3	4	5	6	7	8	9	10	11	12	
New Top height		1	2	3	4	5	6	7	8	9	10	11	12
Difference in height (new - old)	-1	-1	-1	-1	-1	-1	-1	-1	-1	-1	-1	-1	12

- 3) **Assigning the Top Heights:** Break up each figure into two parts, a top part and a bottom part in such a way: the number of Lego pieces in the top part equals to its position number. For example, player #7 is in position 5. Therefore, its top part consists of 5 pieces of Legos (13, 12, 11, 10, and 9), and it has a top height (height of the top part) of 5. The top height of each figure is shown in Table 1 above (also in the form of a picture see Figure 2A below). Since the bottom height (height of the bottom part) is always 13 minus its top height, we skip recording it. Player #6 receives a blank height, because it does not exist. (Note: a blank height is not equivalent to a 0, a top height of 0 means that the figure exists and all 13 pieces of Legos are in its bottom part).
- 4) **Shifting and Re-stacking:** Leave the bottom parts of all the 12 figures stationary and untouched. Move the top parts of each figure by shifting one position up (or to its right as shown in Table 1). In other words, the top part and height of position 1 goes to position 2, top of position 2 goes to position 3, and so forth. Stack the top part to its newly found bottom part to form a new mixed partner figure (e.g. the top part of player #1 is fitted onto the bottom part of player #9, and the top part of player #9 is fitted onto the bottom part of player #4 and so on). Since the bottom part is stationary, it gave away its original top part and received a new top part. The difference in height of the new figure as comparing to its original figure can be calculated by taking the new top height minus the original top height. A result of -1 is obtained for all figures, i.e. each figure lost one Lego piece, except player #6. Player #6 gained 12 pieces of Legos and the new Lego figure is formed. (See Table 1 above, and in pictorial form, see Figure 2B below). The law of conservation says that the amount being created should equal to the amount being lost: the difference in the total height of all 13 figures is:  $(-1 \times 12) + 12 = 0$ .



- 5) **Solution obtained by Re-ordering and the Pattern of Top Heights:** This last step completes the game and produces the 1st solution to the puzzle. With the two top heights (original and new) and their difference tagged onto each player #, rearrange the figures according to an increasing order of their player #, i.e. player #1 in position 1, player #2 in position 2, player #3 in position 3, and so forth. (see Table 2 below)

**Table 2.** Pattern of Top Height after Sorting Player # in an Increasing Order

Position	1	2	3	4	5	6	7	8	9	10	11	12	13
Player #	1	2	3	4	5	6	7	8	9	10	11	12	13
Top Height	1	6	11	3	8		5	10	2	7	12	4	9
New Top height	0	5	10	2	7	12	4	9	1	6	11	3	8
Difference in height (new - old)	-1	-1	-1	-1	-1	12	-1	-1	-1	-1	-1	-1	-1

The pattern of top height is now produced as 1, 6, 11, 3, ..., 4, 9 (up 3 figures, up 2 figures, blank, up 2, up 3, and then up 2). This is the 1<sup>st</sup> solution. It is the pattern of the top height above the cut line shown in the upper portion of Figure 1. The pattern of new top height, 0, 5, 10, 2, ..., 3, 8, is the solution of the top height of the 13 figures above the cut line shown in the lower portion of Figure 1. Use a ruler to roughly check the ball part of the top heights in Figure 1. They may differ slightly in numbers, if you really measure them hard. The slight difference is due to normalization. (Normalization means that we standardize each Lego piece to have a height of 1 unit. For a refined design, we may add one more piece to the head and make them thinner, say, 0.8 or 0.9 units and make the pieces for the chest or short to be thicker, say 1.2 or 1.4 units).

- 6) Lining Up and Passing Order: There is one step missing. Some of us may wonder how did we arrive at the lining up order of Player # as shown in Table 1 of section 1: 1, 9, 4, 12, 7, 2, 10, 5, 13, 8, 3, 11, and 6. The lining up order is a main key in solving this puzzle. We found it by continuously tracking down the mixed partner player #, i.e. by following the player # of the top part going to which player # of the bottom part. Go back to Figure 1, we should find two rows of numbers marked with Top # and Bottom # on their right. They are recopied here:

Top #	6	7	8	9	10	11	12	13	1	2	3	4	5
Bottom #	1	2	3	4	5	6	7	8	9	10	11	12	13

To derive the lining up order, start from player #1 in the bottom row. Move your pencil up to find player #1 in the top row. Move your pencil directly down, you'll find the 2<sup>nd</sup> player #, #9 (means the top of player #1 goes to player #9). Continue with player #9, move your pencil up to find it in the top row. Move your pencil directly down, you'll find the 3<sup>rd</sup> player #, #4 (the top of player #9 goes to player #4). Continue with player #4, following the same procedure and you will find player #12 and so on, and the rest of the sequence of player #s. Let us stop and think for a little bit. Isn't this lining up order merely the effect of cutting and cross-shifting of T5 and T7? YES! The cutting and cross-shifting establish the sequence and order of passing for the top heights from one player to the "next", and eventually end up with Player #6.

- 7) Simplicity of Solution (a Brief Summary): It is important to realize that once the sequence of lining up order of player # in positions 1,2,3,4,..., is established, the top height is automatically assigned sequentially as 1, 2, 3, 4, 5, 6,..., etc. A rearrangement of player# according to an increasing order of player # plus a shifting up of one position of the top heights produce the solution. It is simple! However, what the game solution tried to teach us is that the top height was pre-arranged, a single action of cross-shifting of T5 and T7 completed the passing of the new top heights.

[60-70%] understanding score – it explains how a solution is constructed, the passing of body parts, but the way how the original solution comes about may seem kind of mysterious to us. (Ramanujan, a famous Indian mathematicians might say, it was a union with the Brahman).

Instead of explaining it right now, which will usually get Don into trouble, it is better to defer it until after we have read the 2<sup>nd</sup> solution and the thinking process. Many issues will hopefully be cleared up by then and no further explanation is needed. Of course, there is no absolute guarantee nor asking for your money back. The word **cryptic**, equivalent to encryption, which is true, will also be explained later.

(Recommendation: Read PART II tomorrow)

#### PART II. A Second Solution and The Thinking Process

Part II is omitted. It talks about quite advanced mathematics of Matrix and is 6 pages long. I personally do not have the patience, nor intelligence to read and understand it. If anyone wants it, the whole file will be distributed electronically. If you contact me, I can also print it out and mail it to you later.